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69

So-good
**SUMMER
RECIPES**

- Vibrant vegetarian
- Fantastic fish
- Weeknight winners

Our best Christmas lunch

YES, THERE'S TRIFLE!

LET'S GET MOVING!
step it up plus
tighten your tum

10 WAYS TO START YOUR
weight loss
JOURNEY

Healthy at
any size?
TURN TO PAGE 110
NOW!

ZIN_DL_1118

Fat Mum Slim - HOW CHANTELE LOST 25KG

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References: ISO 15197:2013 accuracy standards allow an error margin of ± 0.83 mmol/L at glucose concentrations < 5.55 mmol/L or $\pm 15\%$ at glucose concentrations ≥ 5.55 mmol/L. Christiansen M *et al.* Accuracy and user performance evaluation of a new blood glucose monitoring system in development for use with CONTOUR®NEXT test strips. Poster presented at the 15th Annual Meeting of Diabetes Technology Society (DTS); October 22-24, 2015; Bethesda, Maryland, USA.

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SPECIAL OFFER

Receive a FREE Myabetic Diabetes Organiser (worth \$40) when you sign up for 12 months of *Diabetic Living* for just \$40! See page 136.

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welcome



Time for a spring clean

» I love this time of the year – winter is well behind us, the promise of summer is still to come and it really does feel like anything is possible. I recently moved out of the city and have so enjoyed being able to see the seasons change – bulbs have bloomed, trees have blossomed and my little vegie patch is starting to bear fruit (well, rocket and kale). Which reminds me: we all have the chance to renew ourselves, to make a fresh start or continue to grow and evolve.

My most recent fresh start has been to change up my exercise routine. I suddenly found jumping and lunging was doing me more harm than good and switched to a daily yoga session (from a smartphone app in my lounge room) that is far more beneficial.

What changes would you like to make this spring? If you'd like to get fresh in the kitchen, we've got loads of recipes to tingle your tastebuds, plus a

special Christmas menu (page 31) – no one has to miss out! And, you can get ahead of the festive game by being prepared – see page 40 for fab ideas for bickies, pudding and a chutney that also makes a great gift.

If your exercise routine needs a switch like mine did, check out our story on page 123 for a stronger core or, if you're looking for a challenge, consider our stair workout (page 126).

Fat Mum Slim blogger Chantelle made a fresh start recently when she finally realised she really did need to lose weight to improve her health – her story is on page 120 and I know you'll find it as inspiring as I did.

We love hearing from you, so please let us know what you think of the magazine and also what you'd like to see more of in future issues.

Alix

Alix Davis, Editor

JOIN US ON...

Need more inspiration to eat well and exercise? You'll find more great recipes and loads of ideas on our website.



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NEXT
ISSUE ON
SALE
13 DEC

TALK TO US TODAY!

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers.

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You tell us

Here's where you have your say, tell others your stories and give feedback on your magazine

TAKING CONTROL

Just received my September/October 2018 issue and read your great articles: 'Time For A Change' and Ilene's story about 'Beating Diabetes Shame'.

I was in the supermarket one evening recently and overheard a staff member at the self-serve check out talking to another saying that people get type 2 diabetes from having an unhealthy lifestyle. I had to bite my tongue!

Having been diagnosed as type 2 a few years ago, my husband has recently been diagnosed also. I was feeling that I could not even look after myself, with my BGLs all over the place, and now my partner needed me even more. I was off the rails and had to take control again. Blood levels are down to a safe level with medication and some weight loss.

Loving your magazine with great recipe ideas and valuable information for all of us. Keep it up!

Madge, Vic

STAR
LETTER



In response to: 'Recipes A Godsend' (DL September/ October 2018)

You just gave me a wonderful idea of taking my old magazines to the doctors for the waiting room.

If one person can get a benefit out of them – great. I do not have diabetes, but needed to lose weight. Love the magazine, as it has great stories and information to learn.

Great recipes – I use them all the time, which

gives the family variety. Can't

wait to make the chocolate cake on the cover! Also tray bakes (pictured)! Thanks

for sharing.

Annette, NSW

Managing Charcot

I rediscovered your magazine after years (I have had type 2 diabetes for 33 years) of battling with diabetes educators, who insisted that a heavy carb diet was the way to manage my type 2 diabetes.

It is refreshing to see that the magazine finally acknowledges that for some of us, low carb (not no carb) is better. Love the new recipes too!

I would like to see an article on Charcot. I was diagnosed with this after the broken bones in my foot did not heal. However, when applying for assistance with special shoes, I am always told I need a management plan. It is a permanent condition and my doctor says that other than pain relief – which I can't have because of other health factors – there is no actual "management" for this condition. Other health professionals don't appear to understand the condition either.

I like to be informed about my health issues, but can't find articles that talk about management of Charcot after diagnosis. I am sure others may have the same questions.

Deborah, ACT

We hear you Deborah and plan to cover this topic in future issues. Thanks for your letter!



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OUR EXPERTS

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Dietitian & diabetes educator

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Exercise physiologist

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Endocrinologist

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Dr Janine Clarke

Psychologist

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Rachel Freeman

Diabetes educator

Rachel also works at the Australian Diabetes Educators Association: adea.com.au

Dr Gary Deed

General practitioner

Gary, who has type 1, is devoted to helping people with diabetes. He is in practice in Brisbane.

Danielle Veldhoen

Podiatrist

Danielle works at Flinders Medical Centre, South Australia.

Dr Angus Turner

Ophthalmologist

Angus directs Lions Outback Vision, providing specialist eye-care services to remote areas of WA: outbackvision.com.au

Elissa Renouf

Type 1 parent

Elissa is the owner of Diabete-ezy and a mum of four kids with type 1: diabete-ezy.com

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MEANS MORE THAN LOSING WEIGHT

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BLOOD PRESSURE

REDUCED
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IN DIABETES
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JUST diagnosed

START
HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help

DIABETES 101

Getting your head around "diabetes lingo"? Read on...

- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two hours after starting a meal. Ask your doctor or Credentialed Diabetes

Educator for more guidance.

- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.
- **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.
- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being



diagnosed, because the pancreas produces less insulin over time.

- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

Food myths for PWD*...

“It's my sweet tooth!”

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

*That's People With Diabetes

“No more chocolate!”

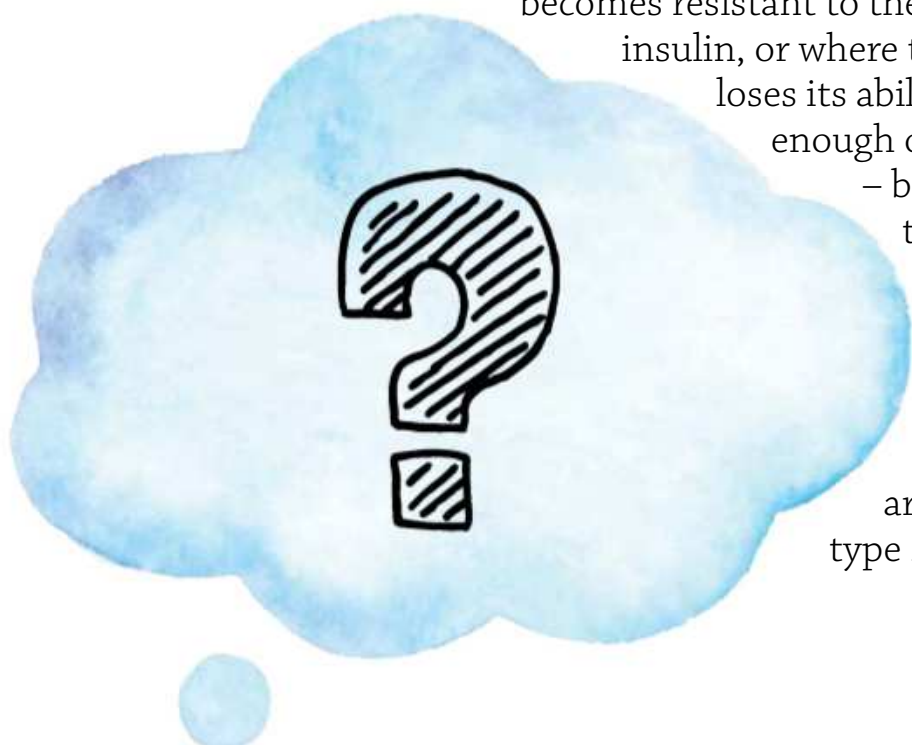
False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

“Ugh. A 'special diet'”

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone. ➤



Losing just 5% of your body weight can have a positive impact.



TYPE 1 AND TYPE 2... What's the difference?

● **Type 1** is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

● **Type 2** is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.

Take this to heart

1 YOU'RE NOT ALONE

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.



2 IT'S YOUR MOVE

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as 5 per cent of your body weight – can also have a positive impact.



3 WE'RE HERE

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar and a whole heap of healthy recipes. ■

Boost your energy and wellbeing

with this breakthrough Low GI multi-vitamin health shake

To get the most out of life, you want to stay active and healthy. This is why good nutrition is important. So an Australian dietician developed BodyCare Nutrition Revitalise. Its unique, Low GI formula helps boost your energy and wellbeing. Plus, by offering you a more balanced approach to nutrition, Revitalise is good for you in many other different ways...

Boosting your energy Revitalise gives you sustained energy, so you can stay active all day long. It contains vitamins B1, B2 and B3, which contribute to your normal energy metabolism. Plus folate and vitamins B2 and B3 assist in reducing tiredness and fatigue.

Weight loss and weight management Carrying excess weight may change the way your body reacts to Insulin. Revitalise makes it easier for

you to better manage your weight and even lose some weight. With Low GI foods, carbohydrates break down more slowly. This results in curbing any feeling of hunger. Also, the combination of Low GI and healthy levels of protein and fibre means Revitalise keeps you from snacking. Plus when used as part of a calorie controlled diet, Revitalise can help you lose weight.



Better managing your weight leads to better health

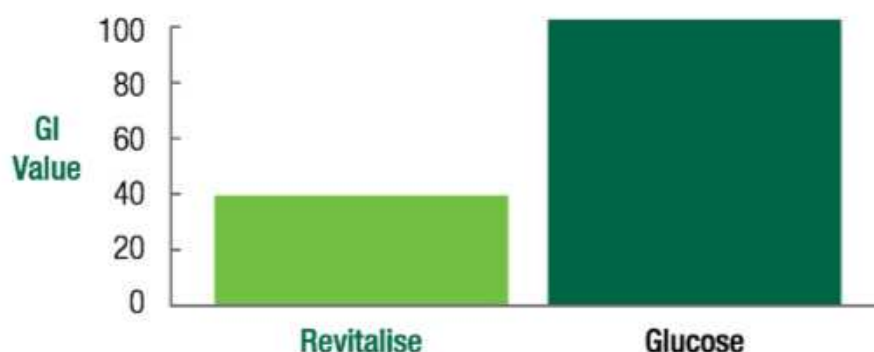
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Boosting your immune defences Zinc is necessary for normal immune system function. Vitamins A and C contribute to the normal functioning of your immune system.

A strong performer Revitalise has a Low GI score of 38 and a Low Glycemic Load score of 6. The graph below compares the mean GI value of Revitalise to glucose.



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YOUR healthy life

Whether young or old, here's the very latest in diabetes news and research



GETTING FIT IS CHILD'S PLAY

A new study conducted at Louisiana State University's Pennington Biomedical Research Center discovered that playing fitness games on the Xbox 360 – such as *Your Shape: Fitness Evolved 2012*, *Just Dance 3*, *Kinect Sports Season 2* and *Disneyland Adventures* – in association with a fitness coach to monitor their progress and a Fitbit to track their steps, can help improve the health of obese children. In this study, those who received the above were asked to play these games with a friend or family member for six months (in three, one hour sessions each week) resulting in an increase in their physical activity by 10 per cent, compared to a decrease of 22 per cent in physical activity by those who did not.

COULD LEGUMES HELP COMBAT TYPE 2?

Researchers at Curtin University in Western Australia are studying the natural benefits of local legumes in the hope of finding a new way to combat diabetes. Chemical engineer and biomedical students are trying to extract a protein within the sweet lupin (*Lupinus angustifolius*) that has long been known to lower blood glucose levels.

5%

Only 5 per cent of Australians aged over 40 have had a type 2 diabetes risk check in the past two years.

School weigh-ins

Deakin University's Global Obesity Centre (GLOBE) has made a proposal to measure kid's height and weight every two years, in order to tackle Australia's obesity epidemic. This opt-out program – based on working models in the UK and the US – will be anonymous for privacy and kids won't see their results to avoid comparisons.



Blogs to get on board with

● **DIABETES DAILY** (diabetesdaily.com)

Anything and everything you need to know about type 1 and type 2 can be found on Diabetes Daily. One of the largest diabetes forums, it offers individual pages dedicated to food, getting active, treatment and technology to manage diabetes.

● **WILDLY FLUCTUATING**

(wildlyfluctuating.blogspot.com)

Medical writer, journalist and author of *The First Year: Type 2 Diabetes*, Gretchen uses her background in those fields to help educate people on diabetes. Living with type 2, she wants to help her readers “take control of their disease and avoid serious complications”.

● **DIABETES DEVELOPMENTS** (mendoza.com/blog)

Medical writer, advocate and diabetes consultant, David, shares all the latest on his blog. He also provides positive recommendations on managing diabetes – or how to avoid it.



I’m travelling overseas for Christmas. Can you give me some tips for managing my diabetes while flying?

Kate says: Different foods, time zones and sitting for long periods can all make managing diabetes in the air more difficult. Here are a few tips that should help.

- If you take insulin or diabetes medications that require you to eat at regular times, speak to your doctor or diabetes educator about managing time zones.
- Many airlines offer special ‘diabetic’ meals. While not necessary, you may want to give it a try. It may mean you will get more fruit-based snacks and desserts.
- Pack your own snacks so you have back-up in case you don’t get a suitable meal or meals don’t arrive at the times you need to eat.
- Stay hydrated. Drink plenty of water and avoid alcohol or caffeine while in the air.
- If you are taking insulin, or oral medications that can cause hypos, take plenty of supplies to treat a hypo.
- Get up and move around as much as possible. ➤

Dr Kate Marsh, advanced accredited practicing dietitian and credentialled diabetes educator

Email your questions to:

diabeticliving@pacificmags.com.au

Post: Diabetic Living, Q&A: Health, GPO Box 7805, Sydney, NSW 2001.

NATIONAL DIABETES EYE SCREEN

An eye screening program has been launched to help reduce the number of Aussies with vision loss and blindness as a result of diabetes. “Diabetic eye disease is one of the most common complications associated with diabetes, but it can be easily managed if detected and treated early and almost all cases are preventable,” says Ben Ashby, Head of Optometry at Specsavers. This new program creates an interface between the National Diabetes Services Scheme (NDSS) database and Oculo – a platform used to care for patients. Turn to page 106, for tips to help your vision.



your healthy life

Move it!

Once a great sporting nation, Australia has turned into a nation of spectators – with 50 per cent of adults and 80 per cent of kids currently inactive. Sport Australia's latest campaign, *Move It Aus*, is set to get Australian adults to commit to at least 30 minutes and children at least 60 minutes of physical activity every day.

Exercise (turn to page 123 for our core exercises) has numerous benefits for our bodies: increases brain size and improves memory; strengthens your heart and lungs; reduces the risk of depression, dementia, coronary heart disease and heart attack; and increases bone density. For more details, visit sportaus.gov.au/findyour30.

World-first study for PCOS

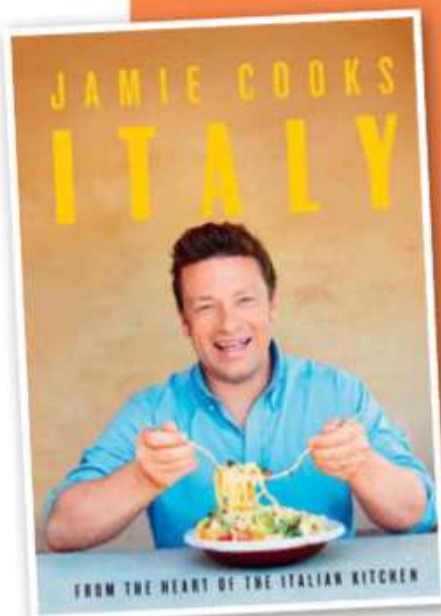
It has been reported that women with polycystic ovary syndrome (PCOS) are up to four times more likely to develop type 2. The Baker Heart & Diabetes Institute is taking on a study to identify if it's possible to lower glucose and insulin levels by breaking up long periods of sitting. "The International

Diabetes Federation identified women with PCOS as one of the most at-risk population groups for developing type 2 diabetes," says Dr Elly Fletcher, a postdoctoral research fellow at the Institute. "This highlights the need to examine interventions, including whether the reduction of prolonged sitting could be effective for improving glycaemic control in women with PCOS." For more information, baker.edu.au/pcos.

JAMIE COOKS ITALY

by Jamie Oliver
Penguin, \$49.99

Craving Italian, but don't know where to start? Jamie's latest cookbook celebrates this popular cuisine with some of the classics – of course with a "Jamie twist". These recipes will whet your appetite, from celebrations to the weekends and even your everyday dishes. And to make it easier for you, each recipe lists nutritional information!



1 GLASS OF MILK A DAY

Do you enjoy a glass of milk with your breakfast every day?

You could be onto something! Researchers from Canada's University of Guelph found having a high-protein milk drink with a high-carb cereal in the morning releases gastric hormones that slows digestion, makes you feel full and reduces BGLs. The study was published in the *Journal of Dairy Science*.

BENEFITS OF THE 5:2 DIET

Intermittent fasting could be a possible solution for people with type 2 who find it hard to diet, says a world-first study recently published in *JAMA*. The year-long trial conducted at the University of South Australia, found consuming 500-600 calories (2000-2500kJ) on two non-consecutive days, and eating normally the other five days improved blood glucose control and weight loss. But, before changing your diet, talk to your healthcare team.

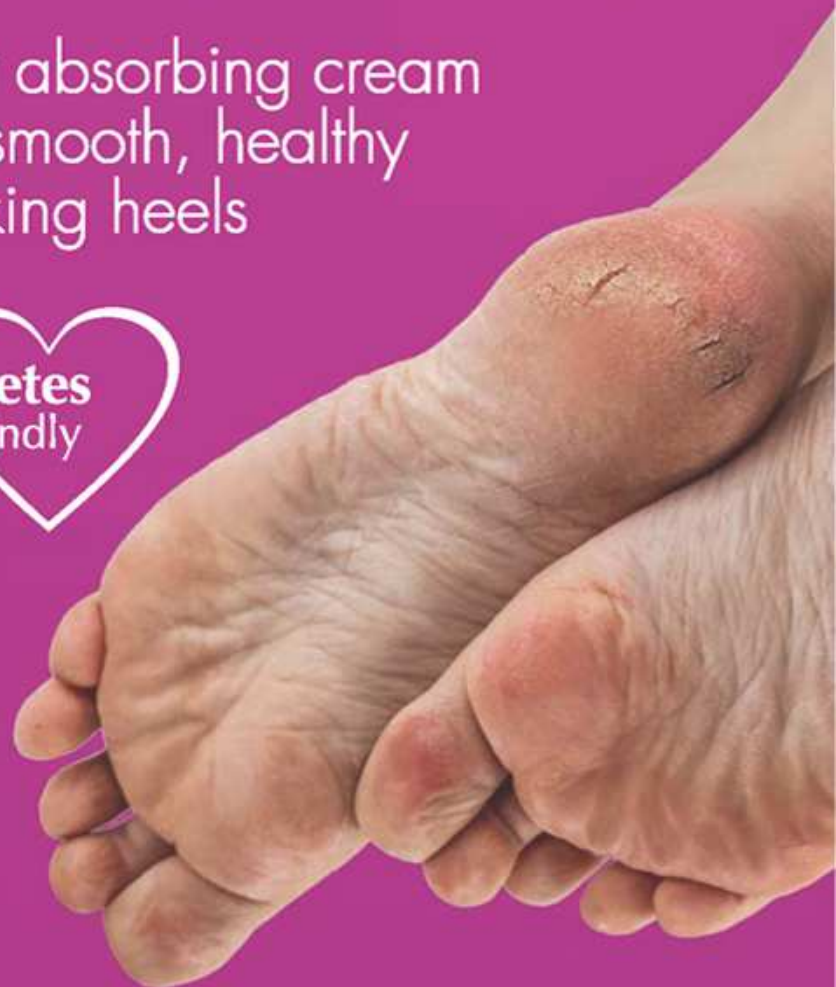
COULD PLATYPUS VENOM BE THE ANSWER?

Professor Frank Grutzner and colleagues at the University of Adelaide discovered the venom of the platypus contains the metabolic hormone glucagon-like peptide-1 (GLP-1). Although there is more research to be done on this, the discovery gives hope that it may be the answer for a more effective and safer treatment for type 2. ➤



RECOMMENDED BY PODIATRISTS

Fast absorbing cream
for smooth, healthy
looking heels



Feel the difference in just
1 DAY



www.NS8.com.au

Available in Pharmacies nationally

COOKING FOR ONE OR TWO



A series of educational workshops – run by The Benevolent Society and funded by the NSW Government – are now available to help Australians adapt their meals and shopping trips with tips and tricks from qualified health experts. “Participants will pick up lessons in basic cooking and nutrition for healthy ageing and it also provides a great opportunity to make new friends,” explains dietitian Jamil Tuazon, who is involved in the program. The new program called *Cooking for One or Two* runs for five weeks, with workshops costing \$7 per session (covering the costs of the ingredients participants will use during the cooking lessons). For more information and booking details, visit benevolent.org.au.



SIMPLE
by Yotam Ottolenghi
Penguin, \$49.99

Indulge in the award-winning recipes of Yotam Ottolenghi, with 130 brand new recipes boasting inventive flavour combinations bound to surprise you. The best part, they’re all simple – turning everyday ingredients into delicious meals no matter how short on time you might be.

A handy tip

Don’t let the change in weather dry out your hands – instead treat them with a lasting barrier of moisture that leaves skin feeling restored and healthy. Plunkett’s NS Working Hands (\$11.95/150g) is non-greasy, absorbing quickly without leaving an oily feeling. Softening callouses or repairing dry, cracked and work-damaged hands, this will fast become your go-to moisturiser.



What is it about my diabetes and my eyes that are a concern?

Gary says: Your eyes have been described as the “window to the soul”. Well in diabetes, they are a window to healthy management. The eyes have structures such as the lens (for focus) and the retina (for light and colour perception) plus the macula (for clear, fine vision, such as for reading words), which can be affected by fluctuating glucose and blood pressure levels.

Doctors and optometrists are particularly interested, as we can look into these “windows” and see changes early before the diabetes causes any damage such as cataracts, blood vessel damage or nerve damage. Eye damage can occur well before a person with diabetes is even aware of it. So it is recommended, even if you feel there is no change in your eyes, to have a thorough assessment every second year or earlier if there are changes in your vision and problems have been already noticed. ■

Dr Gary Deed, general practitioner

Email your questions to:
diabeticliving@pacificmags.com.au
Post: Diabetic Living, Q&A: Health,
GPO Box 7805, Sydney, NSW 2001.

A PHARMACY'S *sweet spot*

My Community Pharmacy is a healthcare destination, focussed on wellness not impulse-buy sweet treats

WORDS ELLIE GRIFFITHS PHOTOGRAPHY SUPPLIED BY LUKE MCGRATH
ADDITIONAL PHOTOGRAPHY GETTY IMAGES

» Upon entering My Community Pharmacy in suburban Newcastle, NSW, you'll notice there's no confectionery, gifts and toys. Instead of selling these items like most other pharmacies do, co-owners John Jones (left) and Luke McGrath's (right) sweet spot is creating a pharmacy that is focused on the wellness of their customers.

"The credibility of treating someone's diabetes and telling them to eat healthy in one hand, and offering them

opportunities to purchase sugary treats at the check-out contradicts



Our goal is to make each customer's first and last contact with the pharmacist



what we are trying to achieve and what we believe," explains Luke. "All for the sake of a few extra dollars."

With this in mind, the pair agreed the only confectionery they would sell is glucose jellybeans, but only for hypoglycaemia.

The business partners – who met while working for a previous employer – share common goals and values, which aided in transforming an

outdated pharmacy into a place that provides customers with the right advice and products.

"As a pharmacist, I get to be involved very early in a person's health journey," explains John, who is also a qualified dietitian. "As a dietitian, I was often left to see someone when their diabetes was out of control. This brings together a great marriage of the two professions."

My Community Pharmacy is becoming well known among the community for their large social media presence, and supporting the local schools, sporting teams and the Hunter Wetlands Centre.

"We hope to create a loyal customer base that are happy to return, interact and have a positive experience," says Luke. ■

5 days 5 dinners

Make weeknights deliciously (and healthily)
simple with these no-complaints meals



GFO

MONDAY

NUTRITION INFO

PER SERVE 1600kJ, protein 48g, total fat 6g (sat. fat 1g), carbs 29g, fibre 11g, sodium 485mg • Carb exchanges 2
• GI estimate low • Gluten-free option

ORANGE & ROSEMARY PORK WITH BROCCOLI & PEA MASH

The citrus and herbs give this hearty meat dish plenty of added zing.

see recipe, page 23 >>

mains

TUESDAY

CHICKEN & PEARL BARLEY RISOTTO

Gotta love a risotto – it's
hearty and filling!
see recipe, page 23 >>

How our food works for you

see page 85

NUTRITION INFO

PER SERVE 2140kJ,
protein 36g, total
fat 12g (sat. fat 3g),
carbs 54g, fibre
18g, sodium
247mg • Carb
exchanges 3½
• GI estimate low

mains

GREMOLATA-CRUSTED SALMON WITH LENTILS & SPINACH

PREP TIME: 10 MINS

COOK TIME: 15 MINS

SERVES 2 (AS A MAIN)

2 cloves garlic, 1 left whole,
1 thinly sliced
¼ bunch flat-leaf parsley, roughly
chopped, plus extra, to serve
½ lemon, zested, cut into
2 wedges
1 x 30g slice wholemeal
sourdough bread
Freshly ground black pepper
2 x 150g skinless and boneless
salmon fillets
1 tsp olive oil
100g baby spinach leaves

400g can no-added-salt brown
lentils, rinsed and drained
1 Tbsp low-fat Greek-style
natural yoghurt
1 Tbsp horseradish cream
1 bunch broccolini, trimmed,
steamed, to serve

1 Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper.
2 Put the 1 whole garlic clove, parsley, lemon zest, bread and pepper in a small food processor. Cover and process until it forms into a crumb. Push the crumb on top of the salmon. Spray with cooking oil. Bake for 10-15 minutes or until the

fish is just cooked through and the crumb is golden.

3 Meanwhile, heat the oil in a medium non-stick frying pan over low heat. Add the thinly sliced garlic and cook, stirring, for 1-2 minutes or until the garlic softens. Add the spinach and lentils. Increase heat to high and cook, stirring, for 2 minutes or until the spinach wilts and the lentils are heated through. Remove pan from the heat and stir in the yoghurt, horseradish and a little black pepper.

4 Divide the lentils between serving plates. Place the fish on top and sprinkle with extra parsley and lemon wedges. Serve with broccolini. ➤



WEDNESDAY

NUTRITION INFO

PER SERVE 2370kJ, protein 49g,
total fat 24g (sat. fat 7g), carbs 32g,
fibre 10g, sodium 371mg • Carb
exchanges 2 • GI estimate low

NUTRITION INFO
PER SERVE 2200kJ,
protein 31g, total
fat 23g (sat. fat 5g),
carbs 43g, fibre 10g,
sodium 380mg
• Carb exchanges 3
• GI estimate
medium



*Impress your
guests with BBQ
lamb koftas*

THURSDAY

**PISTACHIO LAMB
KOFTAS WITH
APRICOT RELISH**

Fire up the barbie and
serve the gang these
delicious lamb pockets.
see recipe, page 24 >>

FRIDAY **GFO**

NUTRITION INFO

PER SERVE 1640kJ, protein 26g, total fat 12g (sat. fat 3g), carbs 38g, fibre 12g, sodium 555mg • Carb exchanges 2½
• GI estimate low
• Gluten-free option



**MICROWAVE KALE
& CHILLI EGGS**

PREP TIME: 10 MINS (+ STANDING)

COOK TIME: 2 MINS

SERVES 2 (AS A MAIN)

30g kale, finely chopped
1 small red chilli, deseeded,
finely chopped
400g can no-added-salt
chopped tomatoes
Freshly ground black pepper
Squeeze of lemon juice
4 x 60g eggs, at room temperature,
yolks and whites separated

30g rocket leaves
1 Lebanese cucumber, chopped
1 carrot, cut into sticks, or sliced
4 slices (30g each) wholemeal
sourdough or gluten free
bread, toasted, to serve

1 Combine the kale, chilli and tomatoes in a bowl. Season with pepper and a squeeze of lemon juice. Divide between 2 microwave-safe bowls. Push the mixture to the sides of the bowls to make a well in the middle. Pour the egg whites into the centre.

Cover the bowls with plastic wrap. Cook on medium/50% for 40 seconds. Set aside for a minute then cook on medium/50% for another 40 seconds.

2 Add 2 egg yolks to each dish. Pierce the yolk of each one to break the membrane and prevent them from exploding. Cook on medium/50% for another 40 seconds. Remove the plastic wrap. Sprinkle with pepper.

3 Toss the rocket, cucumber and carrot together. Serve the salad and toast with the eggs.



ORANGE & ROSEMARY PORK WITH BROCCOLI & PEA MASH

PREP TIME: 15 MINS

COOK TIME: 20 MINS

SERVES 2 (AS A MAIN)

- 1 tsp olive oil
- 2 x 150g pieces lean pork fillet, trimmed of fat
- 5 shallots, halved
- 2 rosemary sprigs
- 125ml (½ cup) salt-reduced or gluten free chicken stock
- 1 tsp smoked paprika
- 1 tsp honey
- 1 orange, peel and white pith removed

Broccoli & pea mash

- 200g broccoli, cut into small florets
- 3 green shallots, chopped
- 100g frozen baby peas

1 Heat the oil in a large non-stick frying pan over medium-high heat. Add the pork and cook, turning the meat to seal it. Once browned, remove pork from the pan and reduce heat to low. Add the shallots, cut-side down, cover and cook for 8-10 minutes or until softened.

2 Return the pork to the pan with the rosemary. Pour in the stock. Stir in the paprika and honey. Cover and bring to a simmer. Reduce heat to medium-low and cook for 8-10 minutes or until the pork is just cooked.

3 Meanwhile, to make the broccoli and pea mash, bring a medium saucepan of water to the boil. Add the broccoli and shallots and cook for 5 minutes.

Add the peas and cook for a further 3-4 minutes or until tender. Drain well and return to the pan. Mash with a potato masher until roughly mashed.

4 Cut between the membrane of the orange over a bowl to make segments, then add any resulting juice to the pork. When the pork is cooked, remove pan from the heat and toss through the segments. Serve with the broccoli & pea mash.



CHICKEN & PEARL BARLEY RISOTTO

PREP TIME: 10 MINS

COOK TIME: 40 MINS

SERVES 2 (AS A MAIN)

- 1 tsp olive oil
- 2 chicken thighs, bone in, skin removed
- 2 carrots, chopped
- 2 celery sticks, chopped
- 1 brown onion, chopped
- 1 clove garlic, crushed
- 140g (¾ cup) pearl barley
- 500ml (2 cups) water
- Freshly ground black pepper

Green dressing

- 30g rocket leaves
- Small handful mint, leaves only
- Small handful flat-leaf parsley
- Juice of 1 lemon
- 1 tsp drained capers in vinegar

1 Heat the oil in a large saucepan over medium-high heat. Add the chicken and cook for 5 minutes or until browned on all sides. Add carrot, celery and onion. Cook, stirring

occasionally, for 5 minutes or until vegies start to soften.

2 Add garlic and barley to pan. Stir. Add water. Cover and bring to simmer. Reduce heat to medium-low and simmer, covered, stirring occasionally, for 25-30 minutes or until the barley is tender.

3 Meanwhile, to make the green dressing, place all ingredients in the bowl of small food processor. Cover and blitz until very finely chopped. Transfer to a small bowl and set aside until ready to serve.

4 When the pearl barley is soft, but still with a little bite, and most of the liquid has been absorbed, it's ready to serve. Season with pepper. Divide the risotto between 2 plates, adding spoonfuls of the dressing. ➤





PISTACHIO LAMB KOFTAS WITH APRICOT RELISH

PREP TIME: 20 MINS

COOK TIME: 20 MINS

SERVES 2 (AS A MAIN)

2 tsp olive oil
 1½ red onions, 1 thinly sliced,
 ½ onion grated
 200g lamb mince
 2 tsp Ras el Hanout (spice mix)
 40g shelled unsalted pistachios,
 roughly chopped
 ¼ bunch flat-leaf parsley,
 roughly chopped
 Freshly ground black pepper
 ½ carrot, cut into skinny
 matchsticks
 2 Tbsp St Dalfour Thick Apricot
 Spread 100% Fruit
 Zest and juice of ½ lemon
 1 round (67g) wholemeal
 pita bread round, halved
 crossways and split
 2 Tbsp low-fat Greek-style
 natural yoghurt, to serve

1 Heat ½ tsp of the olive oil in a medium non-stick frying pan over medium heat. Reserve 2 Tbsp of sliced onions. Add the remaining sliced onions to frying pan and cook, stirring occasionally, for 8-10 minutes or until onions soften and are golden.

2 Meanwhile, heat a barbecue grill on high. In a bowl, combine mince, grated onion, Ras el Hanout and most of the pistachio nuts and half the parsley. Season with pepper. Divide the mixture into 8 and shape into patties. Place on a baking tray and brush with the ½ tsp oil. Add the koftas to the grill and cook for 10 minutes, turning once or until browned and cooked through.

3 Combine the carrot, reserved onion, remaining parsley and 1 tsp olive oil in a small bowl. Set aside.

4 Add the apricot spread, the lemon zest and lemon juice to cooked onions. Cook, stirring, over medium heat until the mixture thickens. Set aside.

5 To serve, spoon apricot relish into the pita halves. Then add the koftas, carrot salad, yoghurt and remaining pistachios. Alternatively, serve the pitas open with filling piled on top. ■

YOUR shopping list

GROCERIES

- ☐ 400g can no-added-salt brown lentils
- ☐ 400g can no-added-salt chopped tomatoes
- ☐ 175g jar horseradish cream
- ☐ Small jar or pkt Ras el Hanout
- ☐ 80g pkt shelled unsalted pistachio nuts
- ☐ 284g jar St Dalfour Thick Apricot Spread
- ☐ 1 pkt 6 wholemeal pita pockets
- ☐ 500g pkt pearl barley
- ☐ 230g bottle capers in vinegar
- ☐ 500ml carton salt-reduced chicken stock

FRUIT AND VEGETABLES

- ☐ 1 bunch flat-leaf parsley
- ☐ 3 lemons
- ☐ 1 orange
- ☐ 100g baby spinach leaves
- ☐ 60g rocket leaves
- ☐ 1 bunch mint leaves
- ☐ 1 bunch rosemary
- ☐ 1 bunch broccolini
- ☐ 2 red onions
- ☐ 4 carrots
- ☐ 1 brown onion
- ☐ ½ bunch celery
- ☐ 1 bunch kale
- ☐ 1 small red chilli

- ☐ 1 Lebanese cucumber
- ☐ 5 eshalots
- ☐ ½ bunch green shallots
- ☐ 200g broccoli

MEAT & CHICKEN

- ☐ 200g lamb mince
- ☐ 2 chicken thighs, bone in
- ☐ 2 x 150g pieces lean pork fillet

CHILLED

- ☐ 170g tub low-fat Greek-style natural yoghurt

FROZEN

- ☐ 500g pkt frozen peas

SEAFOOD

- ☐ 2 x 150g pieces skinless and boneless salmon fillets

BAKERY

- ☐ 1 loaf wholemeal sourdough bread

HOME

- ☐ Olive oil
- ☐ 3 cloves garlic
- ☐ Ground black pepper
- ☐ Smoked paprika
- ☐ Honey
- ☐ 4 x 60g eggs

LEFTOVERS

GROCERIES

Sourdough bread: Use to make breadcrumbs.

Pita bread: Cut into wedges.

Bake in oven preheated to 170°C (fan-forced) for 8-10 minutes or until crispy. Serve as a snack or as a dipper for low-fat dips.

Horseradish cream: Use in dressing or sauces.

Ras el Hanout: Use in soups or casseroles.

Pistachio nuts: Nibble on as a snack, use in salads or baking.

Apricot spread: Spread on toast, use in cakes (as an alternative to sugar) or in savoury sauces.

Barley: Use in soups/casseroles.

Capers: Use in pasta sauces, salads or throw a few onto your low-fat pizza topping.

Stock: Use in soups, sauces or casseroles.

FRUIT AND VEGETABLES

Parsley, mint and rosemary:

Use parsley and mint to make tabouli or use in salads or on sandwiches. Finely chop the rosemary and marinate lamb, beef or pork with crushed garlic and a little olive oil.

Onion: Use in a salad, thinly slice and put on sandwiches.

Carrot: Eat as a snack, put on a sandwich or throw into a salad.

Celery: Cut into sticks and have in the fridge to serve as a snack.

Kale: Use in stir-fries or shred and use in salads.

Green shallots: Use in salads, pasta sauces.

CHILLED AND FROZEN

Yoghurt: Serve as a snack with fresh fruit.

Peas: Use in salads, pasta sauces or in mashed potato.

Veggie lunches & dinners

Eat a rainbow from the garden with dishes that are good to eat – and good for you!



**How our
food works
for you**
see page 85

NUTRITION INFO **GFO**
PER SERVE 1450kJ, protein 20g, total
fat 7g (sat. fat 1g), carbs 43g, fibre 10g,
sodium 470mg • Carb exchanges 3
• GI estimate low • Gluten-free option

**LENTIL RAGU
WITH ZUCCHINI**
The sauce is the star as veggie
noodles soak up the flavour.
see recipe, page 30 >>



GREEN RICE WITH BEETROOT & APPLE SALSA

PREP TIME: 10 MINS

COOK TIME: 25 MINS

SERVES 2 (AS A MAIN)

75g (⅓ cup) SunRice Low GI
White Rice

200g green beans, trimmed

½ small Lebanese cucumber,
finely chopped

5 green shallots, sliced

⅓ bunch mint, leaves chopped,
plus extra leaves to serve

Juice of ½ lemon

Beetroot & apple salsa

1 cooked beetroot, chopped,
patted dry with paper towel

1 small red apple, quartered,
core removed, chopped
1 small red onion, finely chopped
50g walnut halves, roughly broken
1 Tbsp balsamic vinegar

1 Cook rice in medium saucepan
of boiling water for 20 minutes.
Add green beans and cook for a
further 5 minutes or until both
are just tender. Drain and set
aside to cool slightly. Add the
cucumber, shallots, mint and
lemon juice to the rice mixture.
Toss to combine.

2 Meanwhile, stir all of the salsa
ingredients together in a bowl.

3 To serve, spoon rice onto plates
and serve with the salsa, scattered
with a few extra mint leaves.

Health Tip

Beetroot contains a
compound called betaine,
which helps lower blood
pressure and promotes
muscle repair after
exercise.

MAKE AHEAD

Get ahead for the next day –
make the rice and salsa the night
before and chill. For best results,
add apple and nuts into the
salsa on the day. ➤

NUTRITION INFO **GF**

PER SERVE 1790kJ, protein 11g,
total fat 18g (sat. fat 1g), carbs 49g,
fibre 12g, sodium 51mg

• Carb exchanges 3½

• GI estimate low • Gluten free

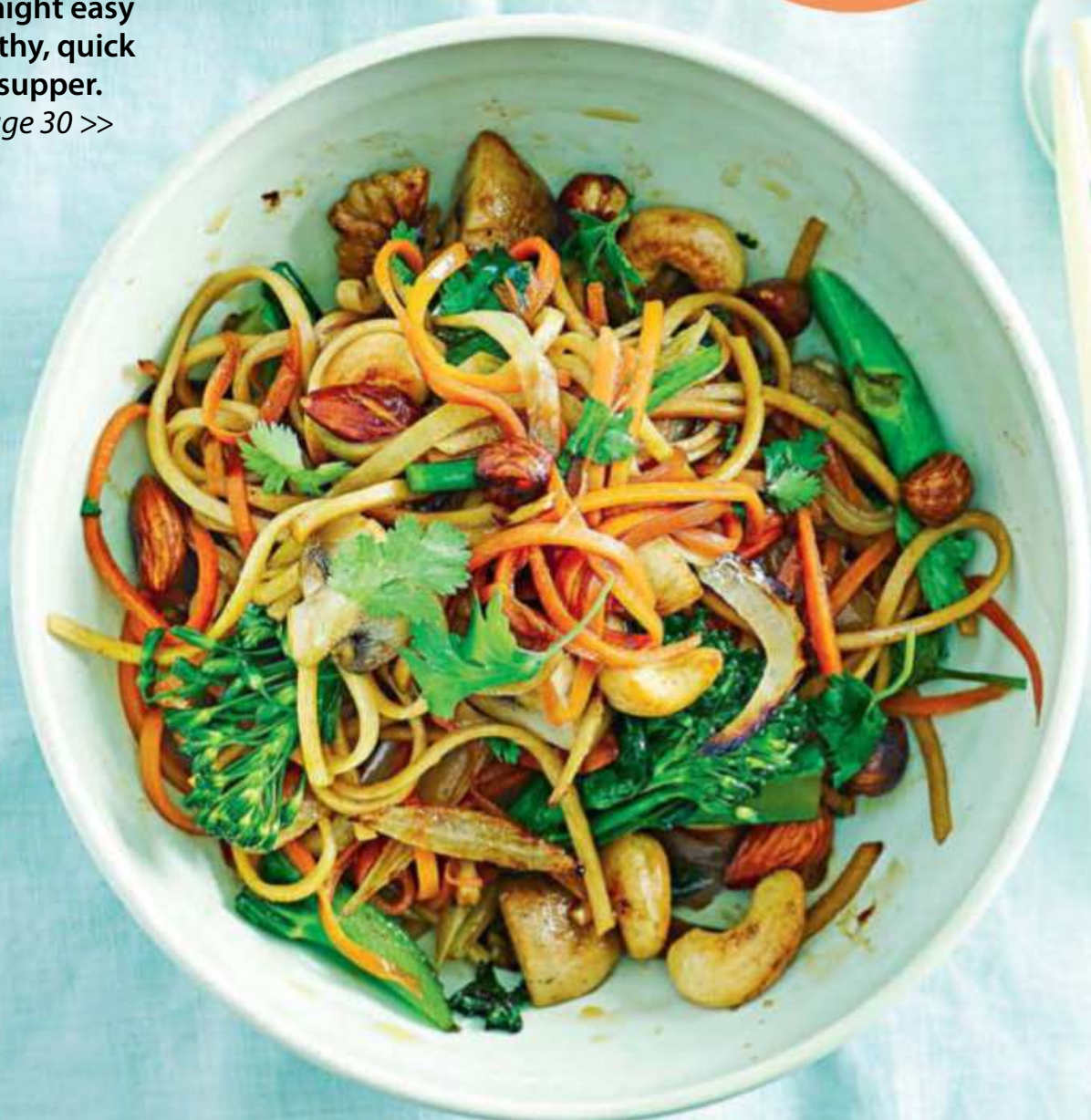


VEGIE NOODLES WITH GINGER & SOY

Make Friday night easy
with this healthy, quick
and filling, supper.
see recipe, page 30 >>

NUTRITION INFO
PER SERVE 2070kJ,
protein 18g, total fat
24g (sat. fat 4g), carbs
44g, fibre 17g,
sodium 582mg
• Carb exchanges 3
• GI estimate low

Health Tip
Ginger
contains potent
anti-inflammatory
compounds and helps
settle an upset
stomach.



BARLEY & BROCCOLI RISOTTO

PREP TIME: 10 MINS

(+ OVERNIGHT SOAKING)

COOK TIME: 35 MINS

SERVES 2 (AS A MAIN)

100g pearl barley
(see Cook's Tip, right)
2 tsp salt-reduced vegetable stock powder
2 Tbsp olive oil
1 large leek, chopped
2 cloves garlic, crushed
1 cup basil leaves
Juice of ½ lemon
60ml (¼ cup) water
1 bunch broccolini
30g parmesan, finely grated

NUTRITION INFO

PER SERVE 2030kJ,
protein 17g, total fat
25g (sat. fat 6g),
carbs 39g, fibre 15g,
sodium 258mg
• Carb exchanges 2½
• GI estimate low

1 Pour about 1L (4 cups) of cold water over the barley. Cover and leave to soak overnight.

2 Drain barley, reserve liquid and use it to make 500ml vegetable stock with the stock powder.

3 Heat half the oil in a medium non-stick frying pan. Add the leek and cook, stirring often, for 4-5 minutes or until it softens slightly. Remove half the leeks and transfer to a bowl. Add the barley and stock to the pan. Cover and bring to the boil.

Reduce heat to medium-low and cook, covered, for 20 minutes.

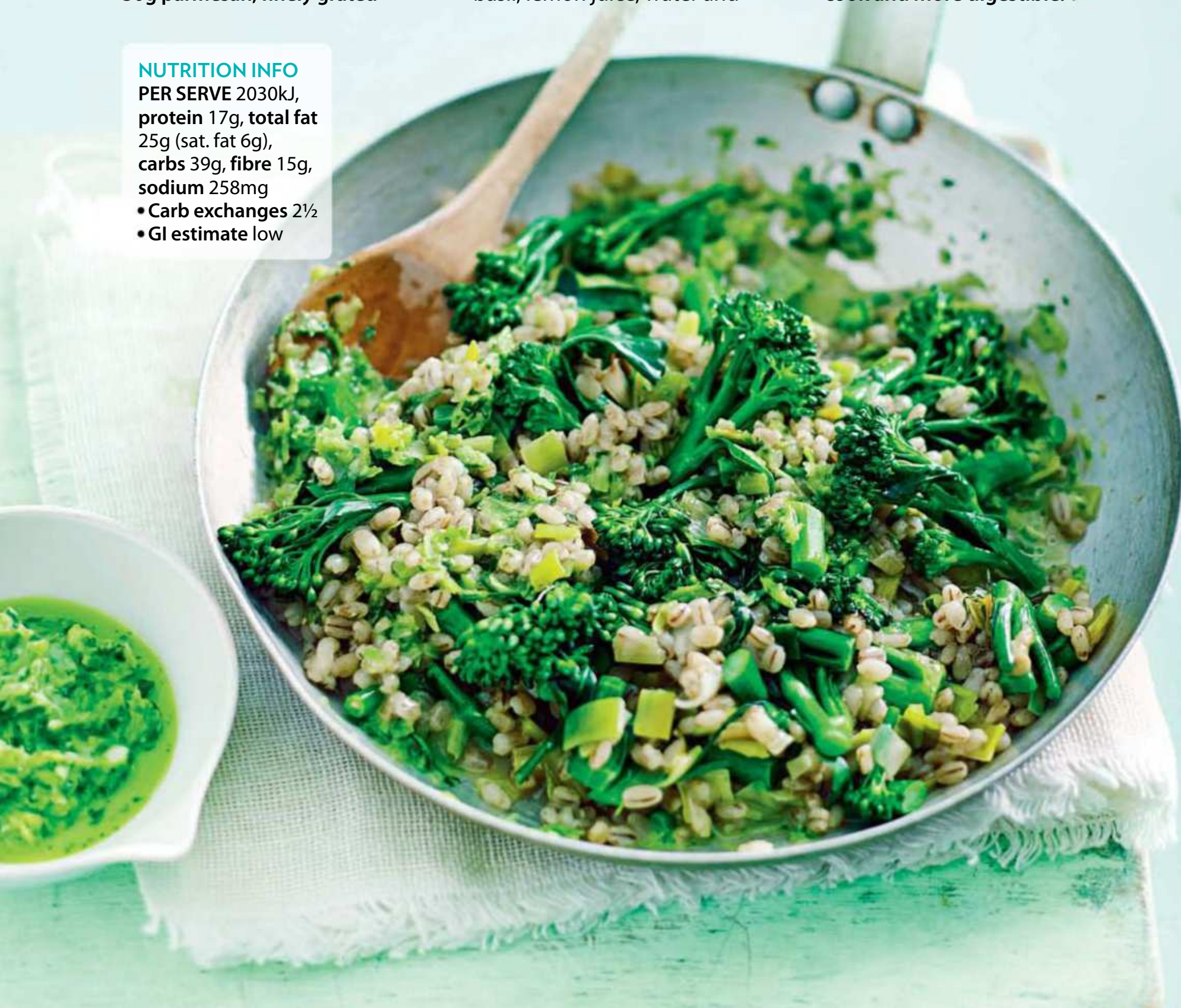
4 Meanwhile, add the garlic, basil, lemon juice, water and

remaining oil to the leeks in the bowl. Use a stick blender to blitz to a paste.

5 When the barley has been cooking for 20 minutes, add the broccolini to the pan and cook for a further 5-10 minutes or until both are tender. Stir in the basil puree. Cook, stirring, for 1 minute or until warmed through (you don't want to overheat it as the puree will lose its colour). Stir in the parmesan. Serve.

COOK'S TIP

Pre-soaking the barley before cooking makes it quicker to cook and more digestible. ➤



mains



LENTIL RAGU WITH ZUCCHINI

PREP TIME: 15 MINS

COOK TIME: 40 MINS

SERVES 4 (AS A MAIN)

1 Tbsp olive oil, plus ½ tsp extra
2 celery sticks, chopped
1 carrot, chopped
1 brown onion, finely chopped
2 cloves garlic, chopped
100g button mushrooms,
quartered
250g dried red lentils
250ml (1 cup) passata
500ml (2 cups) salt-reduced
vegetable stock or
gluten free stock
½ tsp dried oregano
1 Tbsp balsamic vinegar
2 large zucchini, cut into noodles
using a spiraliser, julienne
peeler or knife

1 Heat the 1 Tbsp oil in large non-stick frying pan over high heat. Add celery, carrot, onion and garlic. Cook, stirring often, for 4-5 minutes or until vegies start to soften and colour. Add mushrooms. Cook, stirring often, for 2 minutes.

2 Add lentils, passata, stock, oregano and vinegar. Cover. Bring to boil. Reduce heat to medium and cook, covered, for 30 minutes or until lentils are tender and pulpy (check occasionally and stir to make sure the mixture isn't sticking to the bottom of the pan; if it does, add a drop of water).

3 Heat remaining oil in a separate non-stick frying pan over medium-high heat. Add zucchini and cook, stirring often, for 2-3 minutes or until just tender.

4 Divide zucchini noodles between serving plates. Top with the lentil ragu. Serve.

COOK'S TIP

Ragu can be frozen in individual portions for up to 3 months.



VEGIE NOODLES WITH GINGER & SOY

PREP TIME: 10 MINS

COOK TIME: 10 MINS

SERVES 2 (AS A MAIN)

200g Wokka Wholegrain Noodles
1 Tbsp olive oil
1 brown onion, halved, sliced
1 Tbsp shredded ginger
2 cloves garlic, chopped
125g button mushrooms,
quartered
70g broccolini, chopped
50g unsalted mixed nuts,
roughly chopped

Vibrant vegies help to elevate a simple stir-fry

2 carrots, cut into noodles with
a spiraliser or julienne peeler
1 Tbsp salt-reduced soy sauce
⅓ cup coriander leaves,
roughly chopped

1 Put the noodles in a heatproof bowl and cover with boiling water. Set aside for 2 minutes to help noodles separate. Drain well.

2 Meanwhile, heat the oil in a large wok. Add the onion, ginger, garlic and mushrooms. Stir-fry for 3-4 minutes or until they start to colour. Add the broccolini and nuts and stir-fry for a further 2 minutes. Add the carrots and stir-fry for a further 1-2 minutes or until tender. Toss in the soy sauce, noodles and coriander. Serve. ■

Health Tip

Lentils are a rich plant source of energising iron as well as thiamin (vitamin B1), which we need for a healthy nervous system. Cooking tomatoes, or using them as a passata, helps our bodies absorb more of their beneficial nutrient, lycopene. This helps lower cholesterol, strengthens blood vessels, boosts immunity and protects the eyes and skin.

celebrate



BEST EVER *Christmas lunch*

The yuletide

season is the perfect time to celebrate with family and friends. This special menu has been designed to enjoy over several hours, so it's best to allow time between each course to open presents and take a walk before indulging in dessert. This will help spread your carb intake and manage your blood glucose levels.

Drink

Blood orange fizz

Starter

Prosciutto-wrapped prawns with rocket and parmesan salad

Main

Maple-and-orange-glazed turkey

Sides

Macadamia, apricot and sage stuffing muffins

Beans with gremolata

Roasted baby carrots with honey and dukkah, or Steamed potatoes with garlic mayo and herbs

Dessert

Mixed berry trifle



BLOOD ORANGE FIZZ

Freshen up the festivities with a little bit of sparkle!
see recipe, page 36 >>

How our
food works
for you

see page 85

NUTRITION INFO **GF**

PER SERVE 372kJ,
protein 1g, total
fat 0g (sat. fat 0g),
carbs 10g, fibre 2g,
sodium 35mg
• Carb exchanges ½
• GI estimate high
• Gluten free

celebrate

MAKE AHEAD

The prawns can be prepared and wrapped in the prosciutto a day ahead of serving. Place on a plate, cover and keep in the fridge until ready to serve.



PROSCIUTTO-WRAPPED PRAWNS WITH ROCKET AND PARMESAN SALAD

Christmas isn't complete without a prawn or two.
see recipe, page 36 >>

NUTRITION INFO GF0

PER SERVE 632kJ, protein 17g, total fat 8g (sat. fat 2g), carbs 1g, fibre 1g, sodium 484mg

- Carb exchanges 0
- GI estimate n/a
- Gluten-free option
- Lower carb

LC





STEAMED POTATOES WITH GARLIC MAYO AND HERBS

see recipe, page 39 >>

NUTRITION INFO **GF** **LC**

PER SERVE 358kJ, protein 2g,
total fat 4g (sat. fat 1g), carbs 9g,
fibre 2g, sodium 42mg • Carb
exchanges ½ • GI estimate high
• Gluten free • Lower carb

BLOOD ORANGE FIZZ

see recipe, page 36 >>

MACADAMIA, APRICOT AND SAGE STUFFING MUFFINS

see recipe, page 38 >>

NUTRITION INFO **LC**

PER SERVE 356kJ, protein 4g, total
fat 3g (sat. fat 1g), carbs 10g, fibre 3g,
sodium 86mg • Carb exchanges ½
• GI estimate low • Lower carb

ROASTED BABY CARROTS WITH HONEY AND DUKKAH

see recipe, page 38 >>

NUTRITION INFO **GF** **LC**

PER SERVE 186kJ, protein 1g, total fat 2g (sat. fat 0g), carbs 6g, fibre 2g, sodium 279mg

- Carb exchanges ½
- GI estimate low
- Gluten free • Lower carb

MAPLE-AND-ORANGE-GLAZED TURKEY

see recipe, page 36 >>

NUTRITION INFO **GFO** **LC**

PER SERVE 812kJ, protein 22g, total fat 9g (sat. fat 3g), carbs 6g, fibre 0g, sodium 255mg

- Carb exchanges ½ • GI estimate low
- Gluten-free option • Lower carb

BEANS WITH GREMOLATA

see recipe, page 38 >>

NUTRITION INFO **GF** **LC**

PER SERVE 73kJ, protein 1g, total fat 1g (sat. fat 0g), carbs 1g, fibre 2g, sodium 10mg

- Carb exchanges 0
- GI estimate n/a
- Gluten free
- Lower carb



Drink



BLOOD ORANGE FIZZ

PREP TIME: 10 MINS

(+ 30 MINS MACERATING)

SERVES 8 (AS A DRINK)

125ml (½ cup) Aperol
250g punnet strawberries,
finely chopped
2 oranges, skin and white
pith removed, segments
removed, finely chopped
1 cup mint leaves, torn
1.25L bottle diet blood orange
sparkling mineral water, chilled
750ml bottle Yellowglen Jewel
Pink, chilled

1 Put the Aperol, strawberries, orange and mint in a bowl. Stir. Set aside for 30 minutes to allow the fruit to macerate.

2 Pour the mineral water and wine into the fruit. Stir. Serve.

Starter



PROSCIUTTO-WRAPPED PRAWNS WITH ROCKET AND PARMESAN SALAD

PREP TIME: 20 MINS

COOK TIME: 5 MINS

SERVES 8 (AS A STARTER)

80g prosciutto, cut into
24 strips

24 green prawns, peeled and
deveined, tails left intact
160g mixed leaf rocket
salad mix
310g jar Always Fresh
Roasted Peppers –
Strips, drained, patted
dry with paper towel,
cut into smaller strips
20g parmesan shavings

Dressing

Juice 1 lemon
1 Tbsp extra virgin olive oil
1 tsp wholegrain or
gluten free mustard
Freshly ground black pepper

1 Wrap a prosciutto strip around middle of each prawn and secure with a toothpick through side.

2 For dressing, whisk all ingredients in a small bowl.

3 Preheat a barbecue grill or chargrill pan over medium-high heat. Spray prawns with cooking spray and add to the grill. Cook for 2 minutes each side or until cooked through. Transfer to a plate and remove toothpicks.

4 Divide leaves and red pepper strips between serving plates. Place 3 prawns on each plate. Top with parmesan and drizzle with dressing. Serve immediately.

Main



MAPLE-AND-ORANGE-GLAZED TURKEY

PREP TIME: 10 MINS

(+ 10 MINS RESTING)

COOK TIME: 2 HOURS 40 MINS

SERVES 8 (WITH LEFTOVERS FOR 6)



36 (3.6kg) turkey breast buffe,
defrosted, excess fat removed,
patted dry with paper towel

2 Tbsp maple syrup

2 Tbsp orange marmalade

Juice of 1 orange

2 tsp Dijon or gluten free mustard

Freshly ground black pepper

1 Preheat oven to 160°C (fan-forced). Move oven rack to bottom shelf. Line large roasting pan with baking paper. Place wire rack in pan. Place turkey on rack.

2 Put maple syrup, marmalade, orange juice and mustard in small saucepan. Season with pepper. Cook over medium heat until smooth. Increase heat to medium and simmer for 5-6 minutes or until mixture reduces and thickens. Set aside 2 Tbsp of glaze.

3 Cover turkey with piece of baking paper and completely cover with foil. Roast for 1 hour 20 minutes. Remove foil and baking paper. Brush with some glaze. Cover with baking paper and foil. Roast for further 40 minutes.

4 Remove foil and baking paper and brush with glaze. Increase oven temperature to 170°C (fan-forced). Roast for further 30 minutes, brushing once with glaze, or until turkey is cooked. Transfer turkey to a tray and cover loosely with foil to set aside for 10 minutes to rest. To serve, brush with the reserved glaze. Carve and serve. ➤

celebrate

**MIXED
BERRY TRIFLE**

You can't go wrong with
this ever-popular classic,
filled with deliciousness!

see recipe, page 39 >>



NUTRITION INFO

PER SERVE 797kJ,
protein 8g, total
fat 3g (sat. fat 2g),
carbs 30g, fibre 5g,
sodium 138mg
• Carb exchanges 2
• GI estimate
medium

Sides



MACADAMIA, APRICOT AND SAGE STUFFING MUFFINS

PREP TIME: 15 MINS

COOK TIME: 30 MINS

SERVE 8 (2 PER SERVE, AS A SIDE)

2 tsp extra virgin olive oil
 ½ large brown onion, finely chopped
 50g unsalted macadamia nuts, finely chopped
 1 clove garlic, crushed
 2 Tbsp finely shredded sage
 50g diced dried apricots
 120g wholemeal sourdough bread, chopped, processed into crumbs
 Juice of half an orange
 60g egg, lightly whisked
 Freshly ground black pepper
 Chopped flat-leaf parsley, to serve

1 Heat oil in medium non-stick frying pan over a medium heat. Add onion, macadamia nuts and garlic. Cook, stirring occasionally, for 6-7 minutes or until onion softens. Add sage and apricots. Cook, stirring, for 1 minute.

Transfer mixture to large bowl. Set aside for 10 minutes to soften.

2 Preheat oven to 180°C (fan-forced). Spray 16 holes of a 24-hole 30ml (1½ Tbsp) mini muffin tin with cooking spray. Line the bases with a round of baking paper.

3 Add breadcrumbs, orange juice and egg to onion mixture. Season with pepper and mix well. Divide mixture evenly between the 16 holes, pressing down mixture.

4 Bake muffins for 18 minutes or until golden brown. Set aside in tin

for 5 minutes. Remove from tins. Serve sprinkled with parsley.

MAKE AHEAD

You can make the stuffing muffins up to 2 days ahead. Once cooled, store in an airtight container in the fridge. Bring to room temperature before reheating. To reheat, wrap muffins in foil. Heat at 200°C (fan-forced) for 10 minutes.



BEANS WITH GREMOLATA

PREP TIME: 5 MINS

COOK TIME: 5 MINS

SERVES 8 (AS A SIDE)

375g green beans, trimmed

Gremolata

2 cups loosely packed

flat-leaf parsley

2 cloves garlic, peeled

Grated zest of 2 lemons

Freshly ground black pepper

1 To make gremolata, put parsley, garlic and lemon zest in a small food processor. Cover and process until finely chopped. Transfer to bowl. Season with pepper. Cover with plastic wrap. Put in fridge until ready to use.

2 Put beans in steamer basket over saucepan of simmering water. Cover and steam for 3 minutes or until beans are tender crisp.

3 To serve, put beans on serving platter. Sprinkle over gremolata.

MAKE AHEAD

You can make the gremolata and keep in a small container in the fridge up to 4 hours ahead.



ROASTED BABY CARROTS WITH HONEY AND DUKKAH

PREP TIME: 5 MINS

COOK TIME: 20 MINS

SERVES 8 (AS A SIDE)

3 bunches baby (Dutch) carrots, trimmed, scrubbed, patted dry with paper towel
1 Tbsp Manuka honey
1½ Tbsp Table of Plenty Dukkah, Lemon & Herb Nut & Spice Blend

1 Preheat oven to 200°C (fan-forced). Line a large roasting pan with baking paper. Arrange the carrots in the pan and spray with cooking spray. Roast for 15 minutes.

2 Brush the carrots with the honey and sprinkle over the dukkah. Toss to coat. Roast for 5 minutes. Serve.



STEAMED POTATOES WITH GARLIC MAYO AND HERBS

PREP TIME: 10 MINS
COOK TIME: 15 MINS
SERVES 8 (AS A SIDE)

750g pkt Zerella Fresh Baby Spud Lite, unpeeled, cut into chunks
2 Tbsp light whole egg mayonnaise
1 large clove garlic, crushed
Finely grated zest and juice of 1 lemon
Freshly ground black pepper
2 Tbsp finely chopped flat-leaf parsley
2 Tbsp finely chopped chives

1 Put the potatoes in a large saucepan and cover with plenty of cold water. Cover and bring to the boil over high heat. Simmer for 10 minutes or until the potato is tender. Drain well. Transfer to a large bowl.

2 Whisk the mayonnaise, garlic and lemon zest and juice in a small bowl. Season with pepper. Stir in the parsley and chives.

3 Add mayonnaise to potatoes and toss to combine. Serve.

Dessert



MIXED BERRY TRIFLE

PREP TIME: 45 MINS (+ 4 HOURS AND OVERNIGHT CHILLING)
COOK TIME: 15 MINS
SERVES 8 (WITH LEFTOVERS FOR 4)

2 x 9g pkts lite raspberry jelly crystals
500ml (2 cups) boiling water
375ml (1½ cups) cold water
500g pkt frozen mixed berries
Juice of 1 orange
2 x 150g containers vanilla bean frûche
390g (1½ cups) Greek-style natural yoghurt
200g piece bought sponge, halved lengthways through the middle, cut into cubes
125g punnet blueberries
2 x 125g punnet raspberries
250g strawberries, thickly sliced
3 passionfruit, pulp removed

Custard

3 Tbsp custard powder
1½ Tbsp caster sugar
500ml (2 cups) skim milk
1 tsp vanilla extract

1 Put jelly crystals in a medium heatproof bowl. Add boiling water and stir until crystals dissolves. Stir in cold water. Pour into an 18cm square cake pan. Place in fridge for

4 hours or until set. Cut into cubes.

2 Put frozen berries and orange juice in a small saucepan. Cook over medium heat until the berries soften. Simmer for 5 minutes or until the mixture thickens and the berries start to break down. Set aside to cool. Transfer to a small bowl. Cover and put in the fridge to chill.

3 To make the custard, combine custard powder and sugar in a small saucepan. Whisk in the milk until smooth. Cook, stirring, over medium heat until custard thickens and comes to a simmer. Simmer for 1 minute. Remove from heat and stir in vanilla.

Transfer to a bowl. Cover surface of custard with a piece of plastic wrap. Cover with plastic wrap and place in the fridge to chill.

4 Whisk frûche and yoghurt in a bowl. Cover and put in the fridge until ready to use.

5 Arrange sponge cubes over the base of a glass bowl. Spoon over the stewed berries. Pour over custard. Top with jelly cubes, blueberries and 1 punnet of the raspberries. Spoon the frûche mixture over and spread out. Cover with plastic wrap and put in the fridge for 6 hours, or overnight to allow the flavours to develop.

6 To serve, top the trifle with the strawberries, passionfruit and remaining raspberries. Serve. ■

TOTAL MENU ANALYSIS

PER SERVE (with potatoes)
 3400kJ, **protein** 55g, **total fat** 27g (sat. fat 7g), **carbs** 68g, **fibre** 16g, **sodium** 1050mg
 • Carb exchanges 4½

PER SERVE (with carrots)
 3230kJ, **protein** 54g, **total fat** 25g (sat. fat 7g), **carbs** 65g, **fibre** 16g, **sodium** 1290mg
 • Carb exchanges 4½

MAKE AHEAD *Christmas*

Get the jump on party season with these tasty gifts and treats you can prepare in advance

SPICED CHERRY AND VANILLA BISCUITS

These spicy bickies are a great gift or keep them all to yourself!
see recipe, page 44 >>

How our food works for you
see page 85

NUTRITION INFO **LC**
PER SERVE 251kJ, protein 1g, total fat 2g (sat. fat 0.5g), carbs 10g, fibre 0g, sodium 46mg
• Carb exchanges ½
• GI estimate high • Lower carb

celebrate

CHRISTMAS CAKE

A traditional fruit cake that keeps well for weeks.

see recipe, page 44 >>

NUTRITION INFO

PER SERVE 533kJ, protein 2g, total fat 2g (sat. fat 1g), carbs 24g, fibre 4g, sodium 71mg

- Carb exchanges 1½
- GI estimate low

celebrate

NUTRITION INFO

PER SERVE (pudding only)
755kJ, **protein** 3g, **total fat**
2g (sat. fat 0g), **carbs** 35g,
fibre 4g, **sodium** 88mg
• Carb exchanges 2½
• GI estimate low

PER SERVE (with
custard) 918kJ, **protein**
5g, **total fat** 2g (sat. fat
1g), **carbs** 40g, **fibre** 4g,
sodium 113mg
• Carb exchanges 2½
• GI estimate low

**INDIVIDUAL
CHOCOLATE AND
CHERRY PUDDINGS**

Relax! Christmas Day
dessert is already sorted.
see recipe, page 46 >>

**SPICED
CRANBERRY AND
PEAR RELISH**

Perfect for gifting or
your Christmas table.
see recipe, page 46 >>

NUTRITION INFO **GF**

PER SERVE 197kJ,
protein 0g, total
fat 0g (sat. fat 0g),
carbs 10g, fibre 3g,
sodium 2mg
• Carb exchanges ½
• GI estimate low
• Gluten free

celebrate



SPICED CHERRY AND VANILLA BISCUITS

PREP TIME: 20 MINS (+ FREEZING)

COOK TIME: 30 MINS

MAKES 36 BISCUITS

(1 PER SERVE, AS A SNACK)

125g light margarine
60g (⅓ cup) brown sugar
80g (⅓ cup) caster sugar
60g egg
1 tsp vanilla bean paste
150g (1 cup) self-raising flour
80g (½ cup) wholemeal plain flour
1 tsp mixed spice
1 tsp ground cinnamon
80g glacé cherries, patted dry with paper towel, finely chopped

1 Using electric beaters, beat the margarine and sugars in a medium bowl until well combined. Add the egg and vanilla bean paste. Beat until well combined.

2 Add the flours, mixed spice, cinnamon and cherries to the mixture. Use a wooden spoon to mix until well combined. Divide the mixture into two and roll each into a 22cm (about 4cm wide) log. Wrap each firmly in a double layer of plastic wrap. Place in a resealable freezer bag. Expel any air. Place in the freezer until ready to use (at least 30 minutes, but up to 3 months).

3 Preheat oven to 170°C (fan-forced). Line two baking trays with baking paper. Cut the logs into 1cm-thick slices and place on the lined tray about 3cm apart. Bake for 12-15 minutes or until light golden brown and cooked through. Transfer to a wire rack

to cool. Repeat with remaining biscuit dough.

COOK'S TIP

Keep dough in freezer for up to 3 months. Once cooked, keep biscuits in an airtight container for up to 4 days.



CHRISTMAS CAKE

PREP TIME: 40 MINS (+ 3 DAYS

MARINATING + OVERNIGHT COOLING)

COOK TIME: 3 HOURS

SERVES 30 (AS A SNACK)

150g currants
200g sultanas, finely chopped
150g pkt 50% Less Sugar Ocean Spray Craisins, finely chopped
100g pitted dried dates, finely chopped
100g dried apricots, finely chopped
2 large Granny Smith apples, quartered, cored, coarsely grated
Zest of 1 lemon
Zest and juice of 1 orange
125ml (½ cup) brandy, warmed
⅓ cup orange marmalade
3 x 60g eggs, whisked
80g light margarine, melted, cooled
115g (¾ cup) wholemeal self-raising flour
75g (½ cup) self-raising flour
2 tsp mixed spice
1 tsp ground ginger
1 tsp ground cinnamon
Icing sugar, for dusting (optional)

1 Put the currants, sultanas, craisins, dates, apricots, apples,

lemon zest, orange zest and juice, and brandy in a large bowl. Stir well. Cover with plastic wrap and set aside for 2-3 days to macerate.

2 Preheat oven to 140°C (fan-forced).

Spray an 18cm (base measurement) square cake tin with cooking spray. Line base and sides with a

double layer of baking paper, allowing the paper to extend about 3cm over the rim of the tin. Adjust oven rack so the top of the tin will sit in the centre of the oven.

3 Add the marmalade, eggs, margarine, flours, mixed spice, ginger and cinnamon to the fruit mixture. Mix until well combined. Spoon the fruit mixture into the lined tin, using the back of a spoon to press down firmly. Smooth the surface and tap the tin on the benchtop a few times to allow the mixture to settle.

4 Cover the top of the tin with a piece of baking paper and a double layer of foil. Bake for 2 hours. Remove the foil and baking paper and cook for a further 40-45 minutes or until a skewer inserted into the middle comes out clean and the middle of the cake is firm to the touch. Trim overhanging paper and wrap cake, still in tin, in 2 tea towels, to keep it moist as it cools. Set aside overnight to cool completely.

5 Dust with icing sugar, if you like. Cut into pieces and serve at room temperature.

COOK'S TIP

This fruity Christmas cake will keep for up to 6 weeks in an airtight container. ➤



MINI CHICKEN, ASPARAGUS, MUSHROOM AND CHEDDAR QUICHES

Did someone say party?
You'll be ready with these
canapes in your freezer.
see recipe, page 47 >>

NUTRITION INFO **LC**

PER SERVE 552kJ,
protein 9g, total fat
6g (sat. fat 2g),
carbs 9g, fibre 1g,
sodium 186mg
• Carb exchanges $\frac{1}{2}$
• GI estimate low
• Lower carb



INDIVIDUAL CHOCOLATE AND CHERRY PUDDINGS

PREP TIME: 20 MINS
(+ RESTING + 3 DAYS MARINATING)
COOK TIME: 55-60 MINS
SERVES 8 (AS AN OCCASIONAL DESSERT)

200g Sunbeam Gourmet Selection Mixed Fruit, finely chopped
100g glacé cherries, finely chopped
60ml (¼ cup) cherry liqueur, warmed
Zest and juice of 1 small orange
80g (½ cup) wholemeal self-raising flour
2 Tbsp Dutch processed cocoa, sifted
1 tsp mixed spice
1 tsp ground ginger
60g egg, lightly whisked
Zest of 1 lemon

1 Put the mixed fruit, cherries, cherry liqueur, and zest and juice of orange in a medium bowl. Cover with plastic wrap and set aside for 2-3 days to marinate.

2 Preheat oven to 140°C (fan-forced). Spray 8 x 80ml (⅓ cup) ovenproof ramekins with cooking spray. Line the bases with a round of baking paper.

3 Add the flour, cocoa, mixed spice, ginger, egg and lemon zest to the fruit mixture. Mix until well combined. Divide the mixture between the ramekins and use a spoon to press down into the ramekins and smooth the surface. Place the ramekins in a deep, ovenproof dish large enough to hold them in a single layer.

4 Place the ovenproof dish in the oven and pour boiling water into the dish, till it comes about halfway up the sides of the ramekins. Cover the dish with a piece of baking paper and foil. Bake for 45-50 minutes or until the puddings are firm to the touch and cooked through.

Place dish on board. Set aside, covered, for 15 minutes. Carefully transfer puddings onto a wire rack. Set aside to cool for 10 minutes. Remove from ramekins and set aside on wire rack to cool completely.

5 Once cool, place the puddings in an airtight container. Cover and keep in fridge for up to 4 weeks.
6 To serve, place puddings on individual serving plates. Heat in the microwave on Medium/50% for 1-2 minutes or until warmed through. Serve with Chocolate Kahlua Custard (see recipe, below left).



SPICED CRANBERRY AND PEAR RELISH

PREP TIME: 20 MINS (+ COOLING)
COOK TIME: 1 HOUR
MAKES 2 CUPS (1 TBSP PER SERVE, AS AN ACCOMPANIMENT)

4 just ripe pears, unpeeled, quartered, core removed, chopped
100g 50% Less Sugar Ocean Spray Craisins
Zest and juice of 2 oranges
1 brown onion, finely chopped
3cm piece ginger, peeled, finely chopped
3 Tbsp apple cider vinegar
60g (¼ cup) raw sugar
1 cinnamon stick, broken
½ tsp allspice

1 Put the pear, craisins, orange zest and juice, onion, ginger,

CHOCOLATE KAHLUA CUSTARD

Combine 1 Tbsp custard powder, 1 Tbsp sifted cocoa powder and 1 Tbsp caster sugar in a medium saucepan. Add 1 egg yolk (from 60g egg) and about 60ml (¼ cup) skim milk. Whisk until smooth. Whisk in another 185ml (¾ cup) skim milk. Cook, stirring, over medium heat until custard thickens and comes to a simmer. Simmer for 1 minute. Remove pan from heat and whisk in

1½ Tbsp Kahlua. Transfer to a jug and cover surface of custard with a piece of plastic wrap. Cover just with another layer of plastic wrap. Set aside to cool. Once cool, refrigerate until required. Keep in the fridge for up to 4 days. Whisk well before using (and heat up if you prefer).

NUTRITION INFO

PER SERVE 165kJ, protein 2g, total fat 1g (sat. fat 0g), carbs 5g, fibre 0g, sodium 25mg • Carb exchanges ½ • GI estimate low

vinegar, sugar, cinnamon stick and allspice in a large saucepan. Cover and bring to a simmer over high heat.

2 Reduce heat to medium and simmer, covered, for 30 minutes. Remove the lid and continue to cook, uncovered, for 20-30 minutes or until the mixture softens and thickens.

3 Transfer relish to 2 x 250ml (1 cup) or 1 x 500ml (2 cup) sterilised jars. Cover and seal. Set aside to cool. Once cool, transfer to fridge for up to 2 months. Once open, use a clean spoon to remove relish from the jar. Use within 3 weeks once opened.



MINI CHICKEN, ASPARAGUS, MUSHROOM AND CHEDDAR QUICHES

PREP TIME: 25 MINS

COOK TIME: 30 MINS

SERVES 8 (3 PER SERVE, AS A STARTER)

125g skinless chicken breast fillet, trimmed of fat
Freshly ground black pepper
2 tsp extra virgin olive oil
100g small button mushrooms, thinly sliced or chopped
1 bunch asparagus, trimmed, cut into 5mm-thick pieces
1 clove garlic, crushed
10 sheets chilled filo pastry
1 Tbsp chopped flat-leaf parsley
2 x 60g eggs
60ml (¼ cup) light thickened cream
60ml (¼ cup) skim milk



2 tsp wholegrain mustard
40g (⅓ cup) 25% reduced-fat grated cheddar

1 Preheat a chargrill pan over medium-high heat. Spray chicken with cooking spray and season with pepper. Add to the pan and reduce heat to medium. Cook for 3-4 minutes each side or until cooked through. Set aside to cool. Finely chop the chicken.

2 Meanwhile, heat the oil in a medium non-stick frying pan over medium heat-high heat. Add the mushrooms and cook, stirring, for 2-3 minutes, or until mushrooms soften. Add the asparagus and garlic. Cook, stirring, for 1 minute. Transfer to bowl. Set aside to cool.

3 Preheat oven to 190°C (fan-forced). Spray 24 x 30ml (1½ Tbsp) round bottomed patty tins with cooking spray. Lay one sheet of filo on a clean surface and spray lightly with cooking spray. Repeat layering with another 4 sheets of filo pastry. Repeat with the remaining 5 sheets to make

another stack of 5. Use a 7cm round cutter to cut out 24 rounds, discarding the remaining pastry.

Use the rounds to line the patty tins.

4 Add the chicken and parsley to the mushroom mixture and toss to combine. Season with pepper. Divide

evenly between the lined patty tins. Whisk the eggs, cream, milk and mustard in a jug. Pour evenly over the filling. Sprinkle over the cheese. Bake for 15 minutes or until filling is set and golden brown. Set aside in pans for 5 minutes before transferring to wire rack to cool.

COOK'S TIPS

- **To make ahead:** Once cooled completely, layer quiches in an airtight container between pieces of greaseproof or baking paper. Cover with lid. Freeze for up to 1 month ahead.
- **To reheat:** Defrost the quiches in the fridge for 4 hours or overnight. Wrap the quiches loosely in foil and place in an oven preheated to 180°C (fan-forced) for 10-15 minutes, or until heated through, opening up the foil at the top for the last few minutes. ■

Savour the flavours of a tasty festive feast filled with yum!

Fantastic

Baked, roasted or
grilled, there's a
recipe to suit every
occasion and taste

FISH

BAKED FISH WITH ANCHOVY CRUMBS

Crispy topping makes
this a crowd-pleaser.
see recipe, opposite >>

How our
food works
for you
see page 85

NUTRITION INFO

GFO

PER SERVE 1630kJ,
protein 37g, total
fat 11g (sat. fat 2g),
carbs 31g, fibre 8g,
sodium 518mg

- Carb exchanges 2
- GI estimate medium
- Gluten-free option

BAKED FISH WITH ANCHOVY CRUMBS

PREP TIME: 5 MINS

COOK TIME: 15 MINS

SERVES 4 (AS A MAIN)

50g crustless sourdough white bread or gluten free bread
2 cloves garlic, roughly chopped
6 anchovy fillets in oil, drained
2 tsp olive oil
2 tsp chopped rosemary leaves
Freshly ground black pepper
4 (about 150g each) skinless and boneless white fish fillets
800g Zerella Baby Spud Lite potatoes, halved, steamed, to serve
400g green beans, trimmed, steamed, to serve

1 Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper. Set aside.
2 Tear bread into pieces and put into a food processor. Add garlic, anchovy fillets, oil and rosemary. Season with pepper. Pulse until crumbs.
3 Arrange the fish on the baking tray and pile the crumbs on top. Bake for 12-15 minutes or until the fish is cooked through and the topping crispy. Serve with potatoes and beans.

Versatile fish can be paired with delicious vegetables



HONEY & ORANGE FISH WITH LENTILS

PREP TIME: 15 MINS

COOK TIME: 15 MINS

SERVES 2 (AS A MAIN)

2 (150g each) white fish fillets with skin on
Zest and juice of ½ orange
2 tsp honey
2 tsp wholegrain mustard or gluten free mustard
2 Tbsp olive oil
Freshly ground black pepper
400g can no-added-salt brown lentils, rinsed and drained
100g watercress, leaves picked
½ small bunch flat-leaf parsley, leaves chopped
½ small bunch dill, leaves chopped

1 Preheat oven to 180°C (fan-forced). Place each fish fillet, skin-side down on individual squares of foil.
2 Combine the orange zest, honey, mustard and 1 Tbsp of

the oil in a small bowl. Season with pepper. Drizzle the mixture over the fish. Pull the sides of the foil up and twist the edges together to make parcels.

3 Place parcels on a baking tray and bake for 12-15 minutes or until the fish is just cooked and flakes easily when pressed with a knife.

4 Place the lentils in a small saucepan and heat over medium heat until warmed through. Add the orange juice and remaining oil and toss to combine. Add the watercress, parsley and dill. Season with pepper.

5 Divide lentils between 2 plates and top each with a fish fillet. Drizzle over any roasting juices caught in the foil and serve. ➤

NUTRITION INFO **GFO** **LC**
PER SERVE 1960kJ, protein 40g, total fat 22g (sat. fat 4g), carbs 24g, fibre 9g, sodium 269mg • Carb exchanges 1½ • GI estimate low
• Gluten-free option • Lower carb

food in focus

GREEK-STYLE ROAST FISH

PREP TIME: 10 MINS

COOK TIME: 50 MINS

SERVES 2 (AS A MAIN)

5 small (400g) desiree potatoes,
scrubbed, cut into wedges

1 brown onion, cut into thin
wedges

2 cloves garlic, roughly chopped

½ tsp dried oregano or 2 tsp
chopped fresh oregano

2 Tbsp olive oil

½ lemon, cut into thin wedges

2 large tomatoes, cut into wedges

2 (150g each) skinless white
fish fillets

Small handful parsley, chopped

1 Preheat oven to 180°C (fan-forced). Line large roasting pan with baking paper. Put potatoes, onion, garlic, oregano and oil in a bowl. Toss to combine. Spread out in a single layer in the pan.

2 Roast for 15 minutes, turn

vegies over. Roast for further 15 minutes. Add lemon and tomatoes to pan. Roast for 10 minutes. Top with fish. Cook for a further 10-15 minutes. Scatter with parsley. Serve.

NUTRITION INFO **GF**

PER SERVE 2050kJ, protein 38g,
total fat 21g (sat. fat 4g), carbs 30g,
fibre 9g, sodium 158mg

• Carb exchanges 2

• GI estimate medium • Gluten free





SMOKEY FISH, BEANS & GREENS

PREP TIME: 15 MINS

COOK TIME: 15 MINS

SERVES 2 (AS A MAIN)

1½ tsp olive oil
50g fresh chorizo or gluten free chorizo sausage
1 brown onion, finely chopped
250g baby spinach leaves
2 (150g each) skinless white fish fillets
Freshly ground black pepper
½ tsp sweet smoked paprika
1 small red chilli, deseeded, finely shredded
400g can cannellini beans, rinsed and drained
Juice of ½ lemon
1 Tbsp 97% fat free or gluten free mayonnaise

1 Boil a full kettle of water and preheat grill on high. Line a grill tray with foil.

2 Heat 1 tsp oil in a large non-stick frying pan over medium heat. Squeeze the meat directly from the chorizo skin into the pan. Add the onion and cook, stirring often with a spatula to crush down the meat, for about 5 minutes until golden brown and cooked through.

3 Meanwhile, put the spinach in a colander, slowly pour over boiled water to wilt leaves, then run under the cold tap. Using your hands, squeeze out excess water. Set aside. Line a baking tray with foil. Rub the foil with a little oil and place fish on top. Season with pepper and sprinkle over paprika. Drizzle with the remaining oil.

4 Add the chilli to the pan with the sausages and cook, stirring, for a further minute. Add the beans, spinach and lemon juice. Toss for 2-3 minutes or until warmed through.

5 Place fish under the grill and cook for 5-8 minutes or until fish is just cooked. Spoon bean mixture onto serving plates. Carefully place the fish on top and any juices. Top each with a dollop of mayonnaise. Serve. ■

NUTRITION INFO **GFO** **LC**
PER SERVE 1840kJ, protein 47g, total fat 13g (sat. fat 4g), carbs 22g, fibre 16g, sodium 650mg
• Carb exchanges 1½
• GI estimate low
• Gluten-free option
• Lower carb



GINGER AND BASIL STEAMED VEGETABLES

Warm up with this
flavoursome and
fast dish.

see recipe, opposite >>

**How our
food works
for you**
see page 85

NUTRITION INFO

GF

LC

PER SERVE 311kJ, protein 4g, total
fat 3g (sat. fat 0.5g), carbs 5g, fibre 4g,
sodium 27mg • Carb exchanges ½
• GI estimate low • Gluten free
• Lower carb

BACK TO BASICS

Steaming

Steaming is a moist-heat cooking method used for delicate foods such as vegetables and seafood. Because the vegetables are not submerged in water, steaming preserves their nutrients and bright colour. Steaming not only retains nutrients, but also flavour without the need for unnecessary fats to be added in cooking.

GINGER AND BASIL STEAMED VEGETABLES

PREP TIME: 15 MINS

COOK TIME: 10 MINS

SERVES 6 (AS A SIDE)

460g (4 cups) cauliflower florets
3cm piece ginger, peeled, halved
1 red capsicum, cut into strips
200g snow peas, topped and tailed
4 green shallots, trimmed, cut into 6cm pieces
2 Tbsp shredded basil
1 Tbsp olive oil
1 Tbsp fresh lime juice
Freshly ground black pepper
Pinch chilli flakes (optional)

1 Place large steamer basket over a large saucepan or wok of simmering water. Add cauliflower and ginger. Cover and reduce heat to medium. Steam for 5 minutes or until the cauliflower is tender crisp.
2 Add capsicum, snow peas and green shallots to the basket. Toss. Cover and steam for 5 minutes or until the cauliflower is tender and the capsicum, snow peas and shallots are tender crisp. Remove and discard the ginger.
3 Transfer the vegetables to a serving plate. Add the basil, oil, lime juice, pepper, and chilli if desired. Toss to combine. ➤

Health Tip

Some nutrients will begin to destruct once the vegies are peeled or chopped, so it is best to prepare as close to when you plan on eating to get the full hit of goodness!

STEAMING POINTERS



STEP 1

ADD WATER

Place a metal steamer basket in a saucepan or a bamboo steamer over a wok. The basket should extend to the edges of the pot. Add water up to the bottom of the basket but not through the holes.



STEP 2

ADD VEGIES

Bring water to boiling, then add the vegies and cover the pot. Lift the lid carefully so the steam doesn't burn you.

PACKET POINTERS



STEP 1 ASSEMBLE

Fold baking paper in half to mark the centre. Arrange vegies in middle of one side of baking paper. Top vegetable mixture with fish, drizzle with olive oil, and top with an orange slice.



STEP 2 CRIMP PAPER

Fold baking paper over the fish. Beginning at the bottom, fold and pleat the paper toward the fish. Continue to fold and pleat, moving toward the top and forming a half-moon shape.



STEP 3 TEST DONENESS

You'll have to cut open the packets to check for doneness. Check after 25 minutes if the fish is 2cm thick. If the fish is closer to 2.5cm thick, check at 30 minutes.

ORANGE STEAMED SALMON AND VEGIES

PREP TIME: 20 MINS

COOK TIME: 30 MINS

SERVES 4 (AS A MAIN)

- 4 x 150g skinless and boneless salmon fillets
- 8 cups fresh vegetables (such as sliced carrots, trimmed green beans, sliced zucchini or squash, sliced mushrooms, and/or sliced capsicums (see Cook's Tip, right))
- 3 green shallots, trimmed, chopped
- 1 Tbsp chopped oregano or 1 tsp dried oregano, crushed
- 2 tsp orange zest, finely grated
- 4 cloves garlic, halved
- Freshly ground black pepper
- 4 tsp olive oil
- 1 orange, halved, thinly sliced
- 4 sprigs oregano (optional)

1 Preheat oven to 160°C (fan-forced). Cut four x 45cm pieces of baking paper.

2 Combine vegetables, shallots, chopped oregano, orange zest, garlic and pepper in a medium bowl. Divide the vegetable mixture between the baking paper, placing the vegetables on one side of each square.

3 Place a piece of fish on the top of each vegie portion. Drizzle each piece of fish with 1 tsp of the oil. Top with orange slices. Fold the paper over the fish and vegetables. Fold in the open sides several times, to secure, curving the edge into a circular

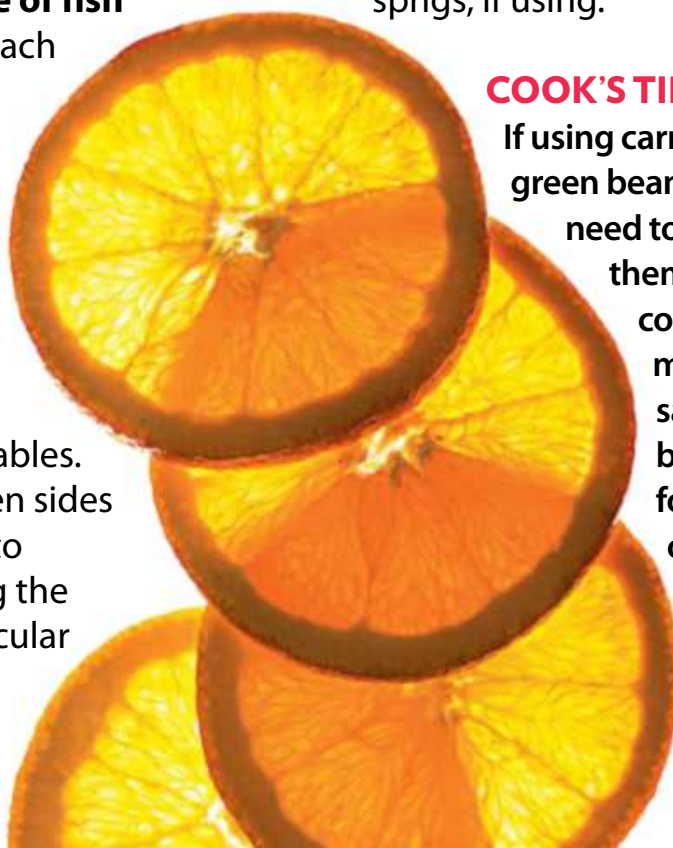
pattern. Place packages in a single layer in a large roasting pan.

4 Bake parcels for 25-30 minutes or until the fish flakes easily when tested with a fork. Cut an "X" in the top of each parcel to check if it is cooked, opening carefully (as the steam will escape).

5 To serve, transfer the packets to plates. Top with oregano sprigs, if using.

COOK'S TIP

If using carrots and/or green beans, you will need to pre-cook them. Simply cook in a medium saucepan of boiling water for 2 minutes, or until al dente. Drain well. ■



NUTRITION INFO **GF** **LC**

PER SERVE 1750kJ, protein
36g, total fat 24g (sat. fat
7g), carbs 11g, fibre 9g,
sodium 99mg

- Carb exchanges ½
- GI estimate low
- Gluten free • Lower carb

**ORANGE STEAMED
SALMON AND VEGIES**

Fresh and fragrant dish
with a citrus zing.

see recipe, opposite >>

GET YOUR 5-A-DAY

Running out of ideas for getting your five serves of vegetables in every day? Here's some inspiration – the main dishes give at least 4 serves and we have provided some tips on how to boost it up to 5 serves over the course of the day



4 of 5
A DAY

How our
food works
for you
see page 85

NUTRITION INFO

PER SERVE 1990kJ, protein 23g,
total fat 16g (sat. fat 4g), carbs
55g, fibre 11g, sodium 705mg
• Carb exchanges 3½
• GI estimate low

PUMPKIN & LENTIL KORMA CURRY

This tasty meal is quick
and easy to make.
see recipe, page 60 >>

Make this tasty creation with roasted capsicum, bolognese and melted cheese

NUTRITION INFO **GFO** **LC**
PER SERVE 1570kJ, protein 41g,
 total fat 14g (sat. fat 6g), carbs 17g,
 fibre 10g, sodium 341mg
 • Carb exchanges 1 • GI estimate low
 • Gluten-free option • Lower carb

4 of 5
A DAY



**BOLOGNESE-STUFFED
 ROASTED CAPSICUMS**

Hearty and filling, this baked dish has plenty of flavour.

see recipe, page 60 >>

basics

2 of 5
A DAY

NUTRITION INFO

GF

PER SERVE 715kJ, protein 9g, total fat 6g (sat. fat 1g),

LC

carbs 14g, fibre 9g,

sodium 12mg

• Carb exchanges 1

• GI estimate low

• Gluten free

• Lower carb



PAPAYA, BEAN SPROUT & SNOW PEA SALAD

see recipe, page 61 >>

3 of 5
A DAY

NUTRITION INFO

GF

PER SERVE 1020kJ, protein 11g, total fat 13g (sat. fat 2g),

LC

carbs 15g, fibre 12g,

sodium 64mg

• Carb exchanges 1

• GI estimate low

• Gluten free

• Lower carb



RED CABBAGE WITH CARROT & EDAMAME

see recipe, page 61 >>

2 of 5
A DAY

NUTRITION INFO

GFO

PER SERVE 764kJ, protein 7g, total fat 4g (sat. fat 1g), carbs 27g, fibre 9g,

sodium 226mg

• Carb exchanges 2

• GI estimate low

• Gluten-free option



LENTILS WITH SPINACH & CRANBERRIES

see recipe, page 61 >>

NUTRITION INFO GF LC

PER SERVE 980kJ,
protein 14g, total fat 8g
(sat. fat 2g), carbs 23g,
fibre 9g, sodium 132mg
• Carb exchanges 1½
• GI estimate low
• Gluten free
• Lower carb

**4 of 5
A DAY****SWEET
POTATO
& SPROUT
HASH**

PREP TIME: 10 MINS
COOK TIME: 25 MINS
SERVES 4
(AS A LIGHT MEAL)

500g sweet potato,
cut into chunks
2 tsp olive oil
2 red onions, thinly sliced
300g brussels sprouts,
trimmed, sliced
Freshly ground black pepper
Pinch ground nutmeg
4 x 60g eggs, at room temperature

1 Put the sweet potato in a microwave-safe bowl. Add 60ml (¼ cup) water. Cover and cook on High/100% for 5 minutes or until tender but still holding their shape. Drain well and set aside to cool slightly.

2 Heat the oil in a large non-stick frying pan over medium heat. Add the onions and cook, stirring occasionally, for 6-8 minutes or until the onions soften. Add the sprouts and increase heat to high. Cook, stirring, for 2-3 minutes or until the sprouts soften.

3 Push the sprouts and the onions to one side of pan. Add sweet potato, squashing it down in the pan with back of a spatula. Set aside, without stirring, over heat for 5 minutes or until mixture starts to crisp underneath.

4 Sprinkle the hash with pepper and sprinkle over the nutmeg. Flip the potato over, trying not to break it up too much. Cook for a further 5 minutes or until the mixture is really crispy.

5 Meanwhile, bring a medium saucepan of water to barely simmering. Use wooden spoon to create whirlpool. Add one egg and cook for 2 minutes or until cooked to your liking. Use

a slotted spoon to transfer to a bowl of cold water to stop the cooking process. Repeat with the remaining eggs. Return all the eggs to simmering water. Remove from the heat and set aside, covered, for 1 minute or until heated through. Drain on a plate lined with paper towel.

6 Serve the hash topped with the poached eggs, and sprinkle with pepper. ➤

**BOOST IT UP
TO 5 A DAY**

- Serve with ½ cup of steamed broccoli (2-3 florets).

basics



PUMPKIN & LENTIL KORMA CURRY

PREP TIME: 15 MINS

COOK TIME: 15 MINS

SERVES 4 (AS A MAIN)

- 1 Tbsp olive oil
- 1 small brown onion, finely chopped
- 2 Tbsp korma curry paste
- 400g can no-added-salt chopped tomatoes
- 2 tsp cornflour
- 400g can Carnation Light & Creamy Coconut Flavoured Milk
- 500g butternut pumpkin, peeled, chopped into bite-sized chunks
- 420g can no-added-salt brown lentils, rinsed and drained
- 200g baby spinach leaves
- 150g low-fat Greek-style natural yoghurt, whisked until smooth
- Extra Greek-style natural yoghurt, to serve (optional)
- 4 small (48g each) naan breads, warmed, to serve

1 Heat the oil in a large non-stick frying pan over medium heat. Add the onion and cook for 3-4 minutes or until the onion softens slightly. Add the curry paste and cook, stirring, for 1 minute. Add the tomatoes and combined cornflour and milk. Simmer for 10 minutes or until the sauce thickens.

2 Meanwhile, put pumpkin in a large microwave safe dish. Add about 60ml (¼ cup) water. Cover with plastic wrap and cook on High/100% for 10 minutes or until tender. Drain well and set aside.

3 Add the cooked pumpkin, lentils and spinach to the tomato sauce. Cook, stirring, over

medium heat until the spinach wilts and the sauce is warmed through. Stir in the yoghurt.

4 Serve curry with naan bread, and extra yogurt if desired.

BOOST IT UP TO 5 A DAY

- Having a small side salad as a starter before you eat a main meal is an easy way to up your daily serves.
- Just a cup of mixed greens and 3-4 cherry tomatoes add up to a serve.



BOLOGNESE-STUFFED ROASTED CAPSICUMS

PREP TIME: 10 MINS

COOK TIME: 50 MINS

SERVES 4 (AS A MAIN)

- 1 tsp olive oil
- 1 large brown onion, chopped
- 2 cloves garlic, crushed
- 500g extra lean beef mince
- 2 x 400g cans no-added-salt chopped tomatoes
- A few oregano sprigs, leaves picked, or 1 Tbsp dried oregano
- 1 beef or gluten free stock cube
- 2 Tbsp no-added-salt tomato sauce
- Freshly ground black pepper
- 4 capsicums (different colours if desired)
- 100g (¾ cup) grated mozzarella or cheddar
- Small basil leaves, to serve

1 Heat the oil in a large non-stick frying pan over medium heat. Add the onion and cook for

5-6 minutes or until the onion starts to soften. Increase heat to high and add the garlic and beef mince. Cook, stirring, for 2-3 minutes or until the mince is browned, breaking up with a spoon as it cooks.

2 Add the tomatoes, oregano, stock cube and tomato sauce to the pan. Season with pepper. Stir well. Cover and bring to a simmer over high heat. Reduce heat to medium-low and simmer, covered, for 30 minutes.

3 Meanwhile, preheat oven to 180°C (fan-forced). Line a roasting pan with baking paper. Halve the capsicums and scoop out the seeds and white membrane. Place cut-side up in the lined pan. Season with pepper. Roast for 20 minutes or until the capsicum are tender.

4 Spoon the mince evenly between the capsicum halves. Sprinkle with the cheese and return to the oven for 10 minutes or until the cheese melts. Scatter with basil leaves, to serve.

BOOST IT UP TO 5 A DAY

- For lunch, have a mixed side salad (1 cup of salad equals one serve). If you only have time to pick up a take-away sandwich, ask for extra salad with it.





PAPAYA, BEAN SPROUT & SNOW PEA SALAD

PREP TIME: 10 MINS

COOK TIME: 5 MINS

SERVES 2 (AS A LIGHT MEAL)

175g snow peas, topped and tailed
175g bean sprouts
1 Tbsp water
1 papaya, peeled, deseeded, cut into cubes
Juice of 1 lime
25g unsalted peanuts
Small handful basil leaves, torn
Small handful mint leaves, chopped

- 1 Heat a large non-stick** frying pan over high heat. Add the snow peas, bean sprouts and water. Cook for 2 minutes or until the vegies are tender crisp.
- 2 Remove the pan** from the heat and toss in the papaya and lime juice. Sprinkle with peanuts and herbs to serve.

BOOST IT UP TO 5 A DAY

- For an anytime snack, chop half a capsicum into thin batons and add to your lunchbox or eat with a dip, such as hummus – ½ cup cooked chickpeas or other pulses add up to one serve.
- Swap your breakfast toast for 2 slices of sweet potato “toast” and top with ½ cup of baked beans, each count as 1 serve of vegetables.



RED CABBAGE WITH CARROT & EDAMAME

PREP TIME: 15 MINS

COOK TIME: 5 MINS

SERVES 4 (AS A LIGHT MEAL)

1 Tbsp sesame oil
Juice 3 lemons
2-3 Tbsp sesame seeds
1 small red cabbage, quartered, cored, shredded
350g frozen edamame beans, defrosted, podded
350g carrots, coarsely grated
Small bunch coriander, leaves picked, chopped

- 1 Combine the sesame oil,** lemon juice and sesame seeds in a small bowl. Set aside.
- 2 Bring a large saucepan** of water to the boil. Add the cabbage and cook for 3 minutes. Add the edamame and simmer for 1 minute. Drain the vegetables and rinse under cold water. Drain.
- 3 Put cabbage** and edamame, carrot, coriander and sesame dressing in a large bowl. Toss to combine. Serve.

BOOST IT UP TO 5 A DAY

- Top your morning toast with sautéed spinach and mushrooms with a touch of garlic for extra flavour!
- Snacks don’t need to be complicated, a basic carrot eaten whole is the perfect option to boost your veg intake and keep hunger pains at bay.



LENTILS WITH SPINACH & CRANBERRIES

PREP TIME: 5 MINS

COOK TIME: 20 MINS

SERVES 4 (AS A LIGHT MEAL)

2 tsp olive oil
4 shallots, finely chopped
400g can no-added-salt brown lentils, rinsed and drained
125ml (½ cup) salt-reduced vegetable stock or gluten free salt-reduced stock
110g dried cranberries or dried sour cherries
400g baby spinach leaves
Small bunch parsley, leaves picked, chopped

- 1 Heat the oil** in a medium non-stick saucepan over medium heat. Add the shallots and cook, stirring often, for 5 minutes, or until very soft.
- 2 Add the lentils,** stock and cranberries. Simmer for 5-10 minutes until the cranberries soften. Add the spinach leaves and cook, tossing until leaves wilt. Remove pan from heat and stir in the parsley. Serve. ■

BOOST IT UP TO 5 A DAY

- Aim to include at least 1½ cups of different low-starch cooked vegetables with your dinner (½ cup cooked vegetables counts as 1 serve).

TRIM THE CARBS LOVE THE TASTE



- 25% LESS CARBS*
- LOW GI[^]
- GOOD SOURCE OF FIBRE

* Compared to standard mixed grain bread (NUTTAB 2010)

[^] 5 Seeds GI= 53, Soy & Toasted Sesame GI= 51, Wholemeal & Seed GI= 53

IT'S NOT JUST BREAD, IT'S HELGA'S.



summer *loving*

This month's lunch club features a salmon and salad combo

SMOKED SALMON, CUCUMBER AND BEETROOT SANDWICH

PREP TIME: 10 MINS

SERVES 2 (AS A LIGHT MEAL)

4 slices *Helga's Lower Carb Wholemeal & Seed Bread*
1 cup mixed salad leaves
½ small carrot, coarsely grated
30g snow pea sprouts, trimmed
1 small (60g) cooked fresh beet (from supermarket), sliced, patted dry with paper towel
90g salt-reduced smoked salmon

Tzatziki

60g (¼ cup) low-fat Greek-style natural yoghurt
¼ Lebanese cucumber, coarsely grated, excess moisture squeezed out
Zest of ¼ small lemon
1 Tbsp shredded mint
Freshly ground black pepper

1 To make the tzatziki, combine all the ingredients in a small bowl.
2 Spread tzatziki mixture across 2 slices of bread. Layer with leaves, carrot, snow pea sprouts and beet. Then top with smoked salmon.

3 Add on the second slices of bread. Cut in half to serve. ■

NUTRITION INFO **LC**

PER SERVE 1410kJ,
protein 24g,
total fat 12g
(sat. fat 2g),
carbs 26g,
fibre 9g, sodium
496mg • Carb
exchanges 1½
• GI estimate low
• Lower carb

How our food works for you
see page 85

RECIPE ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) PHOTOGRAPHY BRETT STEVENS STYLING MARIE-HELENE CLAUZON FOOD PREPARATION PETA DENT

HELGA'S TASTE

A good source of fibre and protein, and a source of omega-3, we used *Helga's Lower Carb Wholemeal & Seed* bread in our sandwich. Available at your local supermarket.



breakfast

BANANA BREAD WITH RICOTTA CREAM

Oh so good with
raspberry compote.
see recipe, page 68 >>



**How our
food works
for you**
see page 85

NUTRITION INFO

PER SERVE 1740kJ, protein 10g, total
fat 14g (sat. fat 4g), carbs 59g, fibre 8g,
sodium 433mg • Carb exchanges 4
• GI estimate medium

Start THE day

**Brighten your brekkie with
these café-style dishes at home!**



NUTRITION INFO

PER SERVE 1300kJ, protein 12g, total fat 4g (sat. fat 1g), carbs 50g, fibre 8g, sodium 55mg • Carb exchanges 3½
• GI estimate low



PORRIDGE WITH BLUEBERRY COMPOTE

Jazz up your oats
with yummy fruit.
see recipe, page 69 >>



breakfast

PORRIDGE WITH FRUIT & NUTS

PREP TIME: 5 MINS

COOK TIME: 5 MINS

SERVES 2 (AS A BREAKFAST)

45g (½ cup) rolled oats

375ml (1½ cups) water

2 oranges

90g (⅓ cup) fat-free Greek-style
natural yoghurt

75g trail mix

1 Put the oats and water in a medium saucepan. Cook over medium heat for 5 minutes or until the oats soften and the mixture thickens.

2 Meanwhile, use a small sharp knife to cut the peel and pith from the oranges. Remove the segments from the oranges and then chop.

3 Pour the porridge into serving bowls. Spoon over

the yoghurt and top with the orange chunks and trail mix. Serve immediately.

COOK'S TIP

You can purchase pre-made trail mix from the supermarket or health food store, or make up your own by mixing together your favourite unsalted nuts, seeds and diced dried fruit.

Have a colourful start to your day

NUTRITION INFO

PER SERVE 1400kJ,
protein 11g,
total fat 13g (sat.
fat 2g), carbs 39g,
fibre 8g, sodium
31mg • Carb
exchanges 2½
• GI estimate low

Health Tip
If you know you have a larger than normal lunch planned, it may help to choose a lighter breakfast. Always check you are still consuming adequate carbohydrates to best manage your BGLs and to avoid having a hypo mid-morning.



EGG & TOMATO ROLLS

PREP TIME: 10 MINS

COOK TIME: 5 MINS

SERVES 2 (AS A BREAKFAST)

2 large tomatoes, halved
2 tsp olive oil
4 x 60g eggs
2 Tbsp chopped flat-leaf parsley
Freshly ground black pepper
1 clove garlic, finely chopped
2 large (85g each) wholemeal or gluten free rolls, split in half

1 Brush the cut side of the tomatoes with a little of the oil. Heat a small non-stick frying pan over medium heat. Add tomato halves, cut side down, to the pan. Cook for 3-4 minutes, turning once, or until softened. Transfer to a plate, cover loosely with foil and set aside to keep warm.

2 Meanwhile, put the eggs and parsley in a small bowl. Season with pepper. Whisk to combine.

3 Wipe the pan out with paper

towel. Heat the remaining oil in the pan over medium heat. Add the garlic and cook, stirring, for 2-3 seconds. Add the egg mixture and cook, stirring occasionally. Once it's almost set, flip over and cook the other side for a few seconds more or until cooked through.

4 Squash the tomatoes onto the rolls. Halve the omelette. Fold each piece in half and place on top of the tomatoes. Serve. ➤

NUTRITION INFO **GFO**

PER SERVE 1900kJ,
protein 26g, total
fat 18g (sat. fat 4g),
carbs 44g, fibre 8g,
sodium 673mg

- Carb exchanges 3
- GI estimate medium
- Gluten-free option

breakfast



BANANA BREAD WITH RICOTTA CREAM

PREP TIME: 30 MINS

COOK TIME: 1 HOUR

SERVES 8 (AS A BREAKFAST)

140g light margarine
125g (¾ cup) brown sugar
2 x 60g eggs, at room temperature
3 small very ripe bananas

Zest of 1 lemon
1 tsp vanilla bean paste
80ml (⅓ cup) buttermilk
225g (1½ cups) self-raising flour
1 Tbsp psyllium husk
1 tsp ground cinnamon
½ tsp bicarbonate of soda

Vanilla ricotta cream
250g smooth ricotta
1 tsp vanilla bean paste
Zest of 1 orange
80ml (⅓ cup) fresh orange juice

Raspberry compote
Zest of 2 oranges
100ml fresh orange juice

80g (⅓ cup) sugar
600g raspberries

1 Preheat oven to 140°C (fan-forced). Spray a 21 x 10.5 x 7cm loaf tin with cooking spray and line with baking paper, allowing the paper to overhang the sides.

2 Using electric beaters, beat the margarine and sugar in a large bowl until mixture is light and fluffy. Add the eggs one at a time, beating well between each addition. In a medium bowl, use a fork to mash the banana until smooth. Add the lemon zest, vanilla bean paste and buttermilk.

3 Combine flour, psyllium, cinnamon and bicarb in a bowl. Add half banana mixture and half the flour mixture to the egg mixture. Mix until well combined. Repeat with remaining banana mixture and flour mixture. Spoon mixture into lined tin. Smooth the surface.

4 Bake the banana bread for 1 hour or until golden brown and a skewer inserted into the middle comes out clean. Transfer to a wire rack for 10 minutes. Turn out of the pan and leave on the wire rack to cool completely.

5 Meanwhile, to make the vanilla ricotta, combine the ricotta, vanilla bean paste, orange zest and juice in a medium bowl. Cover and put in the fridge until ready to use.

6 While the banana bread is cooking, to make raspberry compote, heat orange zest and juice, sugar and 225g of the raspberries in a saucepan over a low heat until the sugar dissolves. Simmer for 5 minutes. Push through a sieve into a bowl, discarding the seeds. Stir remaining raspberries into sauce. Cover and place in fridge to chill.

7 To serve, take the compote out of the fridge to bring to room

SMOKEY BEANS ON TOAST

PREP TIME: 5 MINS

COOK TIME: 30 MINS

SERVES 1 (AS A BREAKFAST)

2 tsp olive oil
½ small brown onion, sliced
½ small red capsicum, thinly sliced into strips
1 clove garlic, halved
½ x 410g can no-added-salt chopped tomatoes
½ tsp smoked paprika
2 tsp red wine vinegar
½ x 400g can butter beans or chickpeas, drained
¼ tsp sugar
Freshly ground black pepper

1 slice wholemeal grain bread or gluten free bread
2 tsp finely chopped flat-leaf parsley

1 Heat 1 tsp oil in a small non-stick frying pan over low heat. Add the onion and capsicum. Cook, stirring occasionally, for 10-15 minutes or until the vegetables soften.

2 Crush half the garlic and add to the pan with tomatoes, paprika, vinegar, beans and sugar. Season with pepper. Bring to a simmer and cook for 10-15 minutes or until mixture reduces slightly and thickens.

3 Toast bread. Rub with the remaining garlic half and brush with remaining oil. Spoon beans over toast. Sprinkle with parsley.

NUTRITION INFO **GFO**

PER SERVE

1770kJ, protein
17g, total fat 18g

(sat. fat 2g), carbs 39g,
fibre 20g, sodium 482mg

- Carb exchanges 2½
- GI estimate low
- Gluten-free option



temperature. Slice the cooled banana bread into 8 pieces and toast under a medium grill until lightly caramelised. Serve each slice with a spoonful of vanilla ricotta and a drizzle of raspberry compote.



PORRIDGE WITH BLUEBERRY COMPOTE

PREP TIME: 5 MINS

COOK TIME: 5 MINS

SERVES 2 (AS A BREAKFAST)

90g (1 cup) rolled oats

1½ tsp psyllium husk

750ml (3 cups) water

180g (¾ cup) fat-free Greek-style natural yoghurt

Blueberry compote

250g frozen blueberries

1 Tbsp water

2 tsp honey

1 Put the oats, psyllium husk and water in a medium saucepan. Cook, stirring occasionally, over medium heat, for 3-4 minutes or until the oats are tender and mixture thickens. Remove pan from heat and stir in yoghurt.

2 Meanwhile, to make the blueberry compote, put the blueberries, water and honey in a small saucepan. Cook, stirring occasionally, for 3-4 minutes over medium heat until the blueberries have thawed and are tender but still holding their shape.

3 Spoon the porridge between serving bowls and top with the blueberry compote.

BREAKFAST SMOOTHIE

PREP TIME: 5 MINS

SERVES 2

(AS A LIGHT BREAKFAST)

300ml water

50g baby spinach leaves

100g broccoli florets,
roughly chopped

2 celery sticks

2 Tbsp desiccated coconut

1 banana

300ml regular or gluten free
soy milk (see Health Tip)

2 tsp psyllium husk

¼ tsp spirulina or 1 scoop
of greens powder or vegan
protein powder (optional)

1 Place the water, spinach, broccoli, celery, coconut,

banana, milk, psyllium husk and spirulina in a blender.

2 Cover and blend until smooth. Pour into glasses, or a flask to take on the go.

HEALTH TIP

Soy milk makes a good alternative to cow's milk. Choose unsweetened versions, which are fortified with calcium and vitamins. ■

NUTRITION INFO **GFO** **LC**

PER SERVE 836kJ,
protein 9g, total fat 8g
(sat. fat 5g), carbs 18g,
fibre 8g, sodium 110mg
• Carb exchanges 1
• GI estimate low
• Gluten-free option
• Lower carb



In association with Spud Lite

How our
food works
for you
see page 85

NUTRITION INFO

PER SERVE 1680kJ,
protein 31g, total
fat 18g (sat. fat 6g),
carbs 22g, fibre 9g,
sodium 311mg

- Carb exchanges 1½
- GI estimate medium
- Gluten-free option
- Lower carb

GFO

LC



Put the bite on *health*

Load up your plate with a light meal that's bursting with colour and flavour

POTATO, SALMON AND CAPER SALAD WITH CREAMY DILL DRESSING

PREP TIME: 15 MINS

COOK TIME: 20 MINS

SERVES 2 (AS A MAIN)

300g *Baby Spud Lite Potatoes*, quartered
 1 bunch asparagus, woody ends trimmed, diagonally sliced into thirds
 200g skinless and boneless salmon fillets
 Freshly ground black pepper
 3 cups rocket leaves
 1 small red capsicum, cut into thin strips

1 Tbsp drained capers (in vinegar)
 1 lemon, zest removed using a zester

Dressing

2 Tbsp extra light sour cream
 2 Tbsp fresh lemon juice
 1 tsp wholegrain or gluten free mustard
 1 Tbsp finely chopped dill
 Freshly ground black pepper

1 Put the potatoes in a medium saucepan and cover with plenty of cold water. Cover and bring to the boil over high heat. Reduce heat to medium and cook, partially covered, for 10-15 minutes or until

tender, adding the asparagus for the last 1 minute of cooking.

2 Meanwhile, preheat a chargrill on medium-high. Spray both sides of the salmon with cooking spray and season with pepper. Add to chargrill and cook for 2½ minutes each side. Transfer to a plate.

3 To make the dressing, whisk all ingredients in a small bowl.

4 Toss rocket, capsicum, capers and lemon zest in a medium bowl. Flake salmon into large pieces and add to the salad with the potato and asparagus. Toss gently to combine.

5 Divide the salad between shallow serving plates. Drizzle over the dressing and serve. ■

Lower-carb eating JUST GOT EASIER

If you're a potato lover you might have been giving spuds a miss – worried they were too high in carbs. Good news! Spud Lite is a new potato that has 25 per cent less carbs than an average potato.

Spud Lite is a golden, creamy potato that's bursting with nutrition, is super tasty and incredibly easy to prepare. Providing a light, creamy and non-earthly flavour when mashed, and a crisp, crunchy, soft pillow texture when roasted or fried, Spud Lite's versatility makes it the complete all-rounder.

Grown in South Australia, this potato variety has come from natural cross-pollination without any genetic modification. The growing period is 20-30 per cent shorter than most other varieties,

which means it needs less maintenance and feeding. It has also consistently shown that it has a longer shelf life than many other popular potato varieties – meaning less greening and less wastage.

A further addition to the Spud Lite family is the small version packed with the same amount of nutrition and taste, the Baby Spud Lite.

Baby Spud Lite, like Spud Lite, is 25 per cent lower in carbs than the average potato and is perfect to use in your favourite potato recipes.





Fast Ed's ramen rev up

BHG TV's 'Fast Ed' Halmagyi shares one of the tastiest ways to pack protein and vegetables into your day

▶▶ Ramen is one of the world's hottest dishes right now and is an excellent way to incorporate a mix of veg and proteins in your daily diet.

PORK AND TOFU RAMEN

PREP TIME: 15 MINS

COOK TIME: 20 MINS

SERVES 4 (AS A LIGHT MEAL)

300g piece pork fillet, trimmed of fat
2 tsp sesame oil
1 brown onion, finely chopped
4 cloves garlic, crushed
1 green chilli, deseeded, finely chopped
8cm piece ginger, cut into fine batons

1 tsp Massel Salt-Reduced Chicken Stock Powder
1.5L (6 cups) boiling water
20g dried sliced shiitake mushrooms, soaked (see Cook's Tip, opposite)
1 Tbsp salt-reduced or gluten-free soy sauce
4 x 60g eggs
200g dried or dried gluten free soba noodles
100g sugar snap peas, trimmed
2 bunches English spinach, trimmed, washed
300g silken tofu
Coriander leaves, sliced
bamboo shoots and toasted sesame seeds, to serve

1 Score the pork tenderloin in fine parallel lines with sharp knife. Heat sesame oil in large saucepan over medium-high heat. Add pork. Cook for 2 minutes, turning occasionally, until browned on all sides. Add

onion, garlic, chilli and ginger to pan. Cook for further 3 minutes. Add combined stock powder and water, soaked mushrooms and water, and soy sauce. Reduce heat to medium and simmer for 5 minutes. Remove pork. Set aside.

2 Meanwhile, place eggs in small saucepan of cold water and bring to boil over high heat. Cook for 5 minutes. Drain and refresh in iced water to cool. Peel and halve eggs.

3 Cook noodles in large pot of rapidly boiling water for 3 minutes until just tender. Drain well and divide between four bowls. Add sugar snaps and spinach to soup, then ladle over noodles. Break tofu into pieces and add to the bowls.

4 Slice pork and arrange on top with the egg, then garnish with the coriander, bamboo shoots and sesame seeds. ■



SEE MORE OF 'FAST ED'

For more great recipes, as well as tips for decorating your home, sprucing up your garden, looking after your pets and boosting your wellbeing, buy *Better Homes and Gardens* and tune in to the *BHG TV* show on Channel 7. Check your local TV guide for scheduling information.

Cook's Tip

To soak the mushrooms, place in a small heatproof bowl and pour over 125ml (½ cup) boiling water. Set aside for 30 minutes to soak. Drain well.

How our
food works
for you
see page 85

NUTRITION INFO **GFO**

PER SERVE 2060kJ, protein 42g,
total fat 13g (sat. fat 3g), carbs 44g,
fibre 15g, sodium 767mg • Carb
exchanges 3 • GI estimate low
• Gluten-free option

quick & easy SNACKS

It's easy to overdo it on snacks and drinks. These delicious ideas won't break your kilojoule and carb budgets



GF LC

LEMON PEPPER CUCUMBERS

Drizzle a bit of fresh **lemon juice** and freshly ground **black pepper** over 1 small **Lebanese cucumber**, sliced, for just 80kJ and 3g of carbs.

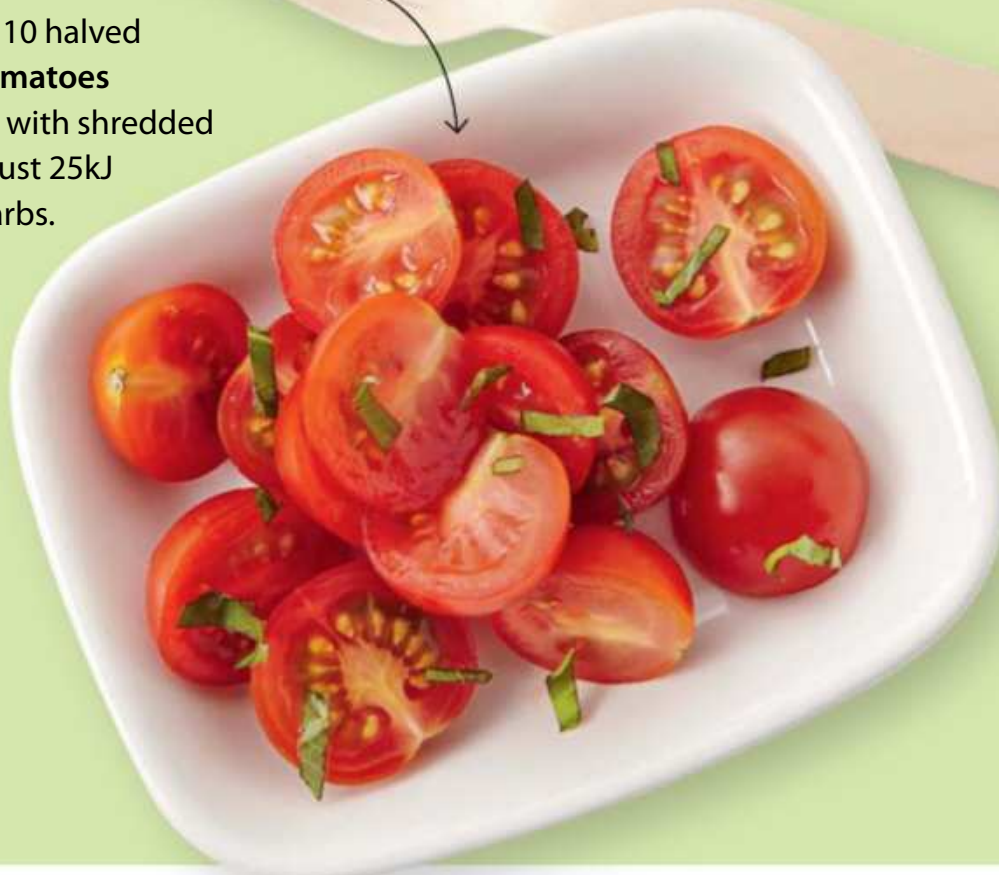
TIP

Most of the fibre and nutrients are found in the peel of the cucumber, so to get the full health benefit of this tasty vegetable always keep the peel intact!

GF LC

basil tomatoes

Snack on 10 halved **cherry tomatoes** sprinkled with shredded **basil** for just 25kJ and 1g carbs.



Count carbs

Snacks are a great way to sneak in fruit and vegies – just remember to tally the carbs. Even a small snack can affect your blood glucose level, so count every carb gram to manage your levels.

snacks

GF

LC

crunchy salad

Salad greens such as butter and cos satisfy with a lot of crunch for very few kilojoules. Top 1 cup of **lettuce** with 1 Tbsp fat-free **dressing** for just 40kJ and 1g carbs. You can toss in small quantities of **fresh herbs** such as **coriander** and **dill** for a flavour lift that won't affect kJ and carb counts.

did you know?

Just 100g of mixed leafy greens supplies more than 10 per cent of your daily folate needs, a B vitamin needed for healthy growth and development.

5 GRAMS OF CARBOHYDRATE

ENJOY THESE SNACKS WHEN YOU NEED TO SATISFY HUNGER WITHOUT RAISING YOUR BLOOD GLUCOSE. ALL OF THESE SNACKS ARE UNDER 100KJ AND 5 GRAMS OF CARBS.

TIP

Choose blueberries with a silvery-white sheen on the surface, which is a sign of freshness.

GF

LC

FRESH BLUEBERRIES

When you limit your serving to ¼ cup, this healthy fruit supplies 86kJ and 5g of carbs.

GF

LC

greek strawberries

Skip chocolate-dipped strawberries and pair the fruit with fat-free plain Greek-style natural yoghurt instead. Swirling 3 halved **strawberries** in 1 Tbsp of fat-free plain **Greek-style natural yoghurt** will cost you a total of 90kJ and 3g of carbs (a typical single chocolate-coated strawberry has 175kJ). ➤

GF

LC

RAISINS & SEEDS

Mix together 1 Tbsp **raisins** with 1 Tbsp dry roasted **pumpkin seeds** to satisfy sweet and salty cravings.

PER SERVE 475kJ, protein 4g, total fat 6g (sat. fat 1g), carbs 11g, fibre 1g, sodium 4mg • Carb exchanges ½

• GI estimate medium

• Gluten free • Lower carb

When your stomach starts rumbling between meals, reach for one of these **tasty snacks**. Whether you're trying to keep your blood glucose from spiking or need a little more glucose to avoid going low, we have a snack with just the **right amount of carbs**.

MINI TUNA SANDWICHES

Cut 1 x 30g slice 100 per cent **rye bread** into 4 squares. Top with a mix of 3 diced **cherry tomatoes**, ¼ small chopped **Lebanese cucumber** and ½ x 95g can **tuna** in springwater, drained and flaked for a fresh take on a cucumber sandwich.

PER SERVE 554kJ, protein 13g, total fat 2g (sat. fat 1g), carbs 15g, fibre 2g, sodium 314mg • Carb exchanges 1
• GI estimate low



TIP

The cucumbers help keep the tuna moist. Add freshly cracked black pepper for a little more flavour.

LC

MINI PIZZA

Spread 1 Tbsp no-added-salt **tomato paste** on ½ split **wholemeal pita pocket**. Top with ½ cup thinly sliced **vegies** such as zucchini, tomato and capsicum. Sprinkle with ¼ cup shredded **mozzarella** and bake in an oven preheated to 200°C (fan-forced) for 8-10 minutes or until the base is slightly crisp. For even more flavour, add **fresh basil** or **dried oregano**.

PER SERVE 612kJ, protein 9g, total fat 7g (sat. fat 4g), carbs 10g, fibre 2g, sodium 234mg • Carb exchanges ½ • GI estimate medium • Lower carb



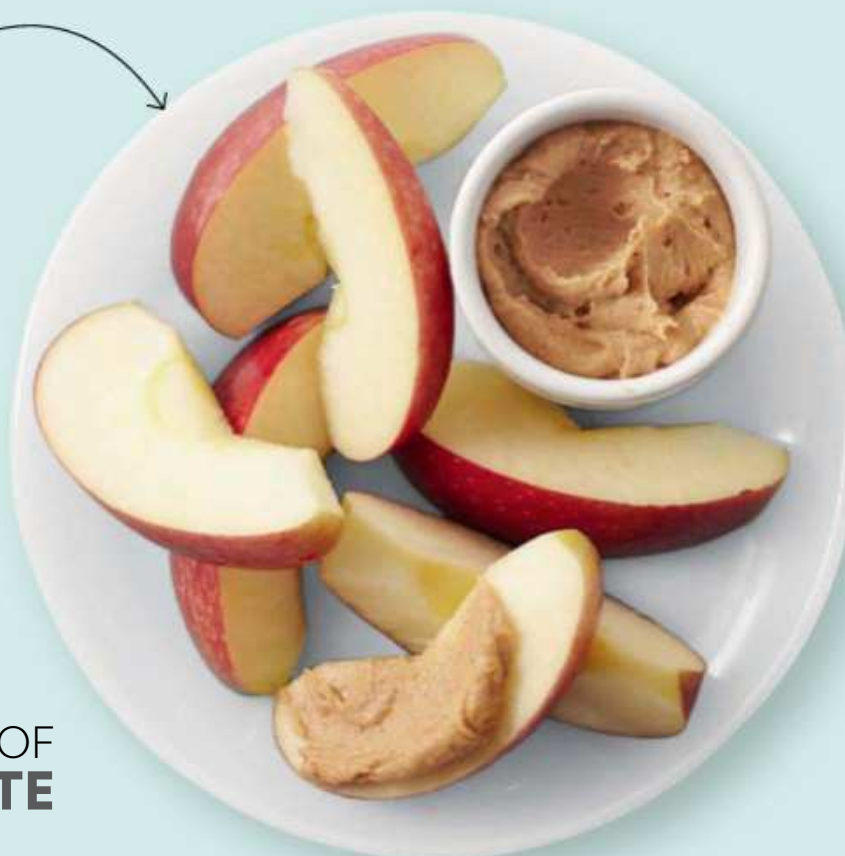
GF

APPLE & PEANUT BUTTER

For the same great **peanut butter** taste but far fewer kJs, dip ½ large sliced **apple** into 2 tsp **light peanut butter**.

PER SERVE 455kJ, protein 2g, total fat 4g (sat. fat 1g), carbs 15g, fibre 3g, sodium 4mg

• Carb exchanges 1
• GI estimate low • Gluten free

***Eat the right fats***

Peanut butter is rich in healthy unsaturated fats that promote heart health. However, it does make it a very kilojoule-dense food, so remember to keep your portion small, especially if weight loss is your goal.

15 GRAMS OF CARBOHYDRATE

Pair a **complex carbohydrate** with a lean **protein** for satisfying, **healthful** snacks.

These snacks are about **15 grams of carbs** (1 carb exchange) to help get you through the **afternoon slump**.

GF

QUICK & EASY QUESADILLA

Microwave 1½ Tbsp grated **reduced-fat cheese** between 1 Mission **white corn tortilla**, halved, and serve with 1 Tbsp **salsa** for a quick taste of Mexico.

PER SERVE 526kJ, protein 5g, total fat 4g (sat. fat 2g), carbs 16g, fibre 1g, sodium 168mg • Carb exchanges 1

• GI estimate medium • Gluten free



GF

LC

PEARS & CHEESE

Combine ½ medium **pear** with 30g **brie cheese**. ■

PER SERVE 690kJ, protein 6, total fat 10g (sat. fat 6g), carbs 9g, fibre 3g, sodium 184mg

• Carb exchanges ½ • GI estimate low
• Gluten free • Lower carb





nuts FOR DESSERT

Filled with natural goodness, these delicious treats can be used to make countless scrumptious desserts (and snacks!)



GF LC
**HIDDEN
 CASHEW TRUFFLES**
see recipe, page 82 >>

dessert

Cashews

Perhaps the most decadent of all nuts, cashews technically are not a nut at all. They're the seeds of fruits grown on cashew trees. But embraced as a nut worldwide, cashews are a top source of a better-for-you fat called monounsaturated fat, which can help lower total cholesterol and LDL (bad) cholesterol.

PECAN POLENTA BISCOTTI

see recipe, page 82 >>

Pecans

The only tree nut native to North America, pecans were first cultivated by Native Americans. In fact, the word "pecan" is a Native American term meaning "all nuts requiring a stone to crack". Thank goodness we can now purchase pecans pre-shelled; inside that hard exterior lies a nut rich in vitamin E, a natural antioxidant that can aid against heart disease.





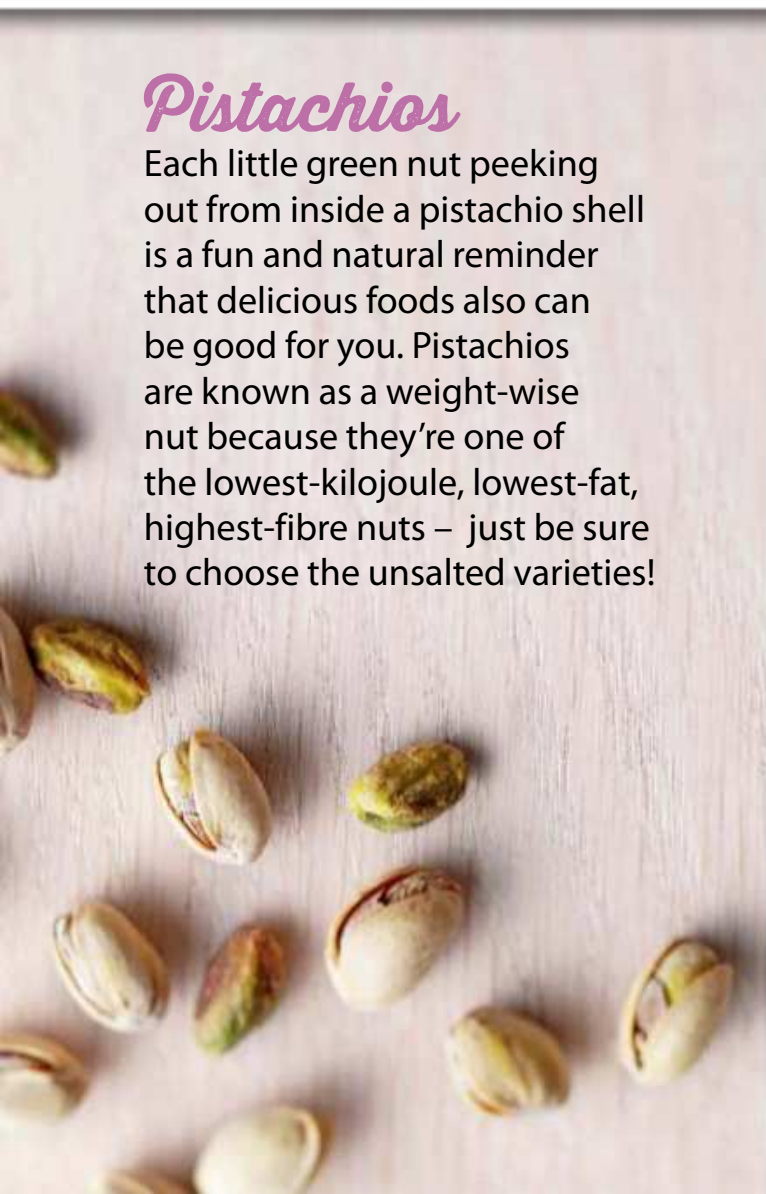
CARROT CAKE DROPS

see recipe, page 83 >>



Walnuts

The ancient Romans were the first to document the existence of walnuts, noting the nut was reserved only for royalty. They called walnuts *Juglans regia*, meaning “Jupiter’s royal acorn”. Lucky for us, walnut trees are now widely cultivated across the world. Unique among common nuts, walnuts contain the highest amount of omega-3 essential fatty acids and the lowest amount of carbohydrate – just 1 gram per 30g (¼ cup).



Pistachios

Each little green nut peeking out from inside a pistachio shell is a fun and natural reminder that delicious foods also can be good for you. Pistachios are known as a weight-wise nut because they’re one of the lowest-kilojoule, lowest-fat, highest-fibre nuts – just be sure to choose the unsalted varieties!



CHOC ORANGE PISTACHIO BARS

see recipe, page 83 >>

Almonds

Gram for gram, almonds are one of the most nutrient-dense nuts. Among other tree nuts, they are the highest in protein, fibre, calcium and vitamin E. One of the best ways to bring out the rich, deep flavour in almonds is to toast them in a frying pan or oven.

ALMOND BAKLAVA

PREP TIME: 25 MINS

COOK TIME: 15 MINS

SERVES 12 (2 TRIANGLES EACH;
AS AN OCCASIONAL DESSERT)

2 sheets frozen light puff
pastry, thawed

75g (¾ cup) almonds,
sliced or slivered

¼ tsp vanilla extract

¼ tsp ground cinnamon

5 Tbsp honey

1 Preheat oven to 200°C (fan-forced). Line two baking trays with baking paper. Cut each pastry sheet into 8cm wide strips and then in half crossways (you will end up with 12 pieces of 8 x 12cm). Place pastry rectangles on trays. Prick pastry with a fork. Bake for 10-15 minutes, pressing

down after about 5 minutes to make sure the pastry doesn't rise too much, or until golden brown. Transfer to a wire rack to cool.

2 Meanwhile, place almonds in a large non-stick frying pan over medium heat. Cook, stirring often, for 5-6 minutes or until lightly browned. Set aside 2 Tbsp of the almonds. Put remaining almonds, vanilla, cinnamon and 3 Tbsp of the honey in small food processor. Cover and process until processed into a thick mixture.

3 Carefully spoon the almond mixture in small dollops on top of six of the pieces of pastry. Top with remaining pastry. Using a sharp knife, cut each pastry in half crossways and then cut diagonally in half to make four triangles per pastry.

4 Spoon remaining honey into a glass measuring cup.

Cook in the microwave on 100%/High for 10 seconds or until the honey is thin and a pourable consistency.

Drizzle the warm honey over the pastry triangles. Sprinkle with the reserved toasted almonds. ➤

How our
food works
for you

see page 85

NUTRITION INFO

PER SERVE 738kJ,
protein 4g, total
fat 7g (sat. fat 2g),
carbs 24g, fibre 2g,
sodium 109mg
• Carb exchanges 1½
• GI estimate medium

dessert



HIDDEN CASHEW TRUFFLES

PREP TIME: 45 MINS (+ CHILLING)

COOK TIME: 10 MINS

SERVES 20 (2 TRUFFLES EACH;
AS A DESSERT)

125ml (½ cup) light
thickened cream
125g good-quality dark cooking
chocolate, chopped
1 Tbsp pure maple syrup
125g (¾ cup) unsalted raw
cashews

1 Put the cream in a small saucepan and heat over medium until just comes to the boil. Remove the pan from the heat and add the chocolate. Stir until the chocolate melts. Stir in the maple syrup. Transfer to a bowl. Cover and put in the fridge for about 2 hours or until firm.

2 Meanwhile, preheat oven to 170°C (fan-forced). Spread the cashews over a baking tray. Bake for 8-10 minutes, stirring until once, or until golden. Set aside 40 whole cashews. Put the remaining cashews in a small food processor. Cover and pulse until nuts are finely chopped. Transfer to small bowl and set aside.

3 Divide the chocolate mixture into 40 portions. Place in the fridge for 30 minutes to chill. Place a whole cashew in the centre of one portion and shape into a ball. Roll the ball in the chopped cashews and place on a baking tray lined

with baking paper. Repeat to make 40 truffles in total. Cover and put in the fridge to chill.

COOK'S TIP

Keep the truffles in an airtight container in the fridge for up to 2 weeks.

NUTRITION INFO

PER SERVE 358kJ, protein 1g, total fat 6g (sat. fat 2g), carbs 6g, fibre 0g, sodium 6mg • Carb exchanges ½
• GI estimate low • Gluten free
• Lower carb



PECAN POLENTA BISCOTTI

PREP TIME: 25 MINS
(+ 40 MINS COOLING)

COOK TIME: 45 MINS
SERVES 32 (1 BISCOTTI EACH;
AS A DESSERT OR SNACK)

260g (1½ cups) fine cornmeal
(polenta)
225g (1½ cups) plain flour
110g (¾ cup) wholemeal
plain flour
1½ tsp baking powder
160g (1 cup) brown sugar
3 x 60g eggs
3 Tbsp canola oil
70g (½ cup) chopped pecans,
toasted (see Cook's Tips, right)
30g white chocolate melts
½ tsp light olive oil

1 Preheat oven to 150°C (fan-forced). Line a large baking tray with baking paper.

2 Combine the cornmeal, flours and baking powder in a medium bowl. Set aside. Using electric beaters, beat the brown sugar, eggs and oil in a large bowl until well combined. Add half the flour mixture and mix until combined. Stir in the remaining flour. Stir in the pecans, using your hands to bring together to form a ball.

3 Divide the dough in half. Roll each portion on a lightly floured surface to a 30cm log. Flatten each log until 5cm wide. Place logs on the lined trays. Bake for 25 minutes or until a toothpick inserted in the middle comes out clean. Set aside for 40 minutes to cool.

4 Using a serrated-edged knife, diagonally slice the logs into 2cm-thick slices. Place the slices on the lined trays. Bake for 20 minutes, turning the slices over once. Transfer to wire racks to cool.

5 Put the chocolate in a small microwave-safe bowl. Heat on medium/50% for 1-2 minutes, stirring every minute with a metal spoon, or until chocolate melts and is smooth. Stir in the oil. Drizzle over the biscotti. Set aside to allow the chocolate to set.

COOK'S TIPS

- To toast the nuts, spread out in a single layer on a baking tray and cook in an oven preheated to 170°C (fan-forced) for 7-8 minutes or until lightly toasted.
- Keep in an airtight container in the fridge for up to 2 weeks.

NUTRITION INFO

PER SERVE 530kJ, protein 3g, total fat 5g (sat. fat 1g), carbs 18g, fibre 1g, sodium 25mg • Carb exchanges 1
• GI estimate medium





CARROT CAKE DROPS

PREP TIME: 20 MINS

COOK TIME: 15 MINS

MAKES 36 (2 CAKE DROPS PER SERVE;
AS A DESSERT OR SNACK)

125ml (½ cup) honey
45g (¼ cup) brown sugar
1 Tbsp light margarine
60ml (¼ cup) canola oil
60g egg
1 egg white (from 60g egg)
400g carrots, peeled, finely grated
300g (2 cups) plain flour
80g (½ cup) wholemeal plain flour
1½ tsp mixed spice
½ tsp baking powder
½ tsp bicarbonate of soda
90g (¾ cup) chopped walnuts
or pecans
30g cream cheese, at room
temperature
80g (½ cup) icing sugar, sifted
3 tsp skim milk
30g (¼ cup) chopped walnuts
(optional)

1 Preheat oven to 170°C (fan-forced). Line two large baking trays with baking paper. Using electric beaters beat the honey, brown sugar and margarine in a medium bowl on medium until well combined. Add the oil, egg and egg white. Beat to combine. Stir in the carrot.

2 Combine the flours, mixed spice, baking powder and bicarbonate of soda in a bowl. Add half the flour mixture to the carrot mixture and stir until just combined. Stir in

the remaining flour mixture and the ¾ cup of the nuts.

3 Spoon tablespoonsful of the mixture onto the lined trays, about 5cm apart. Press with moistened fingers to flatten each mound slightly. Bake for 10-12 minutes or until lightly browned. Transfer to wire racks to cool completely.

4 Using electric beaters beat the cream cheese and icing sugar on medium until well combined. Beat in the milk. Drizzle the icing over the biscuits. Sprinkle with extra chopped walnuts, if desired.

COOK'S TIP

Keep in an airtight container in the fridge for up to 3 days. Alternatively make the biscuits (without the icing) and freeze in resealable freezer bags for up to 3 months.

NUTRITION INFO

PER SERVE 453kJ, protein 2g, total fat 4g (sat. fat 1g), carbs 16g, fibre 1g, sodium 36mg • Carb exchanges 1
• GI estimate high



CHOC ORANGE PISTACHIO BARS

PREP TIME: 20 MINS

COOK TIME: 25 MINS

SERVES 35 (2 BARS EACH;
AS A DESSERT OR SNACK)

270g (3 cups) rolled oats
80g (⅓ cup) wholemeal plain flour
45g (¼ cup) brown sugar

½ tsp bicarbonate of soda

125ml (½ cup) honey

1 Tbsp finely shredded orange zest

80ml (⅓ cup) fresh orange juice

60g margarine, melted

1 tsp vanilla essence

115g (¾ cup) shelled unsalted

pistachio nuts, finely chopped

200g dark chocolate melts

1 Preheat oven to 150°C (fan-forced). Line a 38 x 25 x 2.5cm slab tin (base measurement) with baking paper, allowing the paper to overhang the side.

2 Combine the oats, flour, sugar, bicarbonate of soda, honey, orange zest and juice, margarine, vanilla essence and ½ cup of the pistachio nuts in a large bowl. Press the mixture into the lined pan, using wet hands to spread out evenly over the tin. Bake for 20-25 minutes or until the centre is set and lightly browned. Place the tin on a wire rack and set aside to cool completely.

3 Put the chocolate in a small microwave-safe bowl. Cook on medium/50% for 2-2½ minutes, stirring every minute, until the chocolate is melted and smooth.

4 Spread the melted chocolate over the slice and sprinkle with the remaining pistachio nuts. Set aside to allow chocolate to set. Cut into 70 (5cm x 2.5cm) bars.

COOK'S TIP

Keep, layered with greaseproof paper or baking paper, in a large airtight container in the fridge for up to 1 week. ■

NUTRITION INFO

PER SERVE 508kJ, protein 2g, total fat 6g (sat. fat 2g), carbs 14g, fibre 1g, sodium 30mg • Carb exchanges 1
• GI estimate low

food in focus

Go bananas

Store ripe bananas in the fridge so they last longer. The peel turns brown, but the banana will still be tasty



STRAWBERRY BANANA FROZEN CUPS

Line small patty pans with foil baking cups. Use a fork to mash 3 overripe bananas in a large bowl. Stir in 560g (2 cups) strawberry fat-free Greek-style natural yoghurt. Spoon into the foil cups. Top with ½ cup sliced or chopped small strawberries. Cover. Freeze for 4-5 hours or until firm. If necessary, set aside at room temperature for 10 minutes to soften before eating.

Serves 12 (1 frozen cup each; as a snack or dessert)

NUTRITION INFO GF

PER SERVE 355kJ, protein 3g, total fat 3g (sat. fat 2g), carbs 12g, fibre 1g, sodium 19mg • Carb exchanges 1 • GI estimate Low • Gluten free

BANANA ENERGY BITES

Use a fork to mash 1 overripe banana in a medium bowl. Stir in 90g (1 cup) rolled oats, 80g (½ cup) pumpkin seeds, 75g (½ cup) dried cranberries, 130g (½ cup) no-added-sugar and no-added-salt peanut butter and 40g (¼ cup) dark choc bits. Using 1 Tbsp for each bite, shape into 32 balls; flatten slightly. Serve chilled. Makes 32 (2 bites each; as a snack)

NUTRITION INFO LC

PER SERVE 578kJ, protein 5g, total fat 9g (sat. fat 2g), carbs 10g, fibre 2g, sodium 4mg • Carb exchanges ½ • GI estimate low • Lower carb

BANANA SPLIT SUNDAE

Place 3 frozen sliced overripe bananas and 2 Tbsp no-added-sugar and no-added-salt peanut butter in a food processor. Cover and process until nearly smooth. Scoop into small sundae dishes. Top each with 1½ tsp diet chocolate topping, 1 Tbsp whisked vanilla fruche, 1 tsp chopped unsalted roasted peanuts and 1 maraschino cherry. Serve immediately.

Serves 4 (as an occasional dessert)

NUTRITION INFO GF

PER SERVE 885kJ, protein 6g, total fat 9g (sat. fat 2g), carbs 25g, fibre 3g, sodium 22mg • Carb exchanges 1½ • GI estimate low • Gluten free ■

Served in colourful cases, these frozen cups are perfect for summer entertaining

How our food works for you
see page 85

RECIPES ELLEN DAVIS, ALISON ROBERTS, SHANNON LAVERY (DIETITIAN), PHOTOGRAPHY MARTY BALDWIN STYLING JENNIFER PETERSON



Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

▶▶ Our Nutrition Info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten free. Easy!

Serves 2 (as a main)
We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main

meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

To maintain your weight*

Kilojoules 8700kJ
Protein 80g
Total fat 70g
Saturated fat 24g
Carbs 270g
Fibre 30g
Sodium Less than 2000mg

To lose weight*

Kilojoules 6000kJ
Protein 65g
Total fat 45g
Saturated fat 15g
Carbs 180g
Fibre 30g
Sodium Less than 2000mg

* These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.

CUT OUT & KEEP



BOLOGNESE-STUFFED ROASTED CAPSICUMS

see recipe, page 60 >>



NUTRITION INFO **GFO** **LC**

PER SERVE 1570kJ, protein 41g, total fat 14g (sat. fat 6g), carbs 17g, fibre 10g, sodium 341mg
• Carb exchanges 1 • GI estimate low
• Gluten-free option • Lower carb

Brand names

We often use product names to make it easier to find nutritionally suitable brands when shopping.

Sugar or sugar substitute

In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Granulated sugar substitute

Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of

granulated sugar substitute.

Optional ingredients

Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Choice of ingredients

When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges

Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal. ■

product review

salad dressings

Make a splash with healthy and tasty dressings for your fresh vegies!

▶▶ Salads can make an easy and tasty lunch, dinner or side option and help you reach your 5-a-day target for vegies! However, it's important to take care when choosing your salad dressings, as this could turn your salad from the perfect nutritious choice to one that's high in saturated fats, sodium and even carbs!

It's easy to whip up a delicious salad dressing at home with a dash of your favourite vinegar (such as balsamic) or lemon juice, a drizzle of extra virgin olive oil or tahini, and a sprinkling of fresh or dried herbs.

But if you are looking for a premade option to have on hand, look for one with less than:

- **1000kJ per 100mL**
- **3g saturated fat per 100mL**
- **25g carbs per 100mL**
- **800mg sodium per 100mL.**

And aim to keep your serve size to no more than 1 Tbsp (20mL).

DL have already done some research and we have listed our favourite options here to give your summer salads a hit of flavour you can really enjoy.

BIRCHE & WAITE

• Thai Lime & Coriander Dressing

Available from Woolworths, RRP \$5.

• Greek Style Yoghurt, Feta & Dill Dressing

Available from Woolworths, RRP \$5.



DL loves

PRAISE

• 99% Fat Free Mayonnaise

Available from Woolworths, Coles and IGA, RRP \$3.39.

• Deli Style Balsamic & Roasted Garlic Vinaigrette

Available from Woolworths, Coles and IGA, RRP \$3.49.



QUICK HOMEMADE DRESSING IDEAS

LEMON AND HERB VINAIGRETTE

Whisk the juice of $\frac{1}{2}$ **lemon** with 2 tsp **extra virgin olive oil**, $\frac{1}{2}$ tsp **Dijon mustard**, 1 Tbsp chopped fresh **herbs** and freshly ground **black pepper**. Serves 2 (as a dressing).

PER SERVE 217kJ, protein 1g, total fat 5g (sat. fat 1g), carbs 1g, fibre 1g, sodium 37mg • Carb exchanges 0 • GI estimate n/a

BALSAMIC DRESSING

Whisk the juice of half a **lemon** or 1 **lime**, 1 Tbsp **balsamic vinegar**, 1 tsp **wholegrain mustard** and freshly ground **black pepper**. Serves 2 (as a dressing).

PER SERVE 70kJ, protein 0g, total fat 0g (sat. fat 0g), carbs 2g, fibre 1g, sodium 53mg • Carb exchanges 0 • GI estimate n/a

YOGHURT AND DILL DRESSING

Whisk $\frac{1}{4}$ cup **low-fat Greek-style natural yoghurt**, 1 Tbsp fresh **lemon** or **lime juice**, 1 tsp **extra virgin olive oil**, 1 Tbsp chopped fresh **dill** and freshly ground **black pepper**. Serves 2 (as a dressing). ■

PER SERVE 224kJ, protein **GF** 3g, total fat 3g (sat. fat 1g), carbs 3g, fibre 1g, sodium 31mg • Carb exchanges 0 • GI estimate n/a • Gluten free

Healthy lifestyle

Cook with less fat, keep fish fresh, check out a sparkling drink and quick brekkie ideas, all from our food editor *Alison Roberts*

TEFAL POWER GRILL!

Designed to be used at your dining table – whether it be inside or outside – the Tefal Power Grill is a great way to bring the family together to cook and eat. The grill heats up quickly and features a large 2-in-1 surface, half being a grill plate and the other half a flat plate. This allows you to cook a variety of ingredients at the same time. The non-stick grilling plate eliminates the need for additional fats or oils during the cooking process.

Available from Myer, The Good Guys, Bing Lee, JB Hi-Fi and David Jones, \$249.95.



KITCHEN TIP

Getting fishy

Fish is a great source of protein, zinc, iodine and omega 3 fatty acids and should be consumed at least twice a week. Fresh is always a great choice as you can be sure that nothing has been added. However, canned varieties are also a good option to have on hand, plus they are cheap and make an easy mid-week lunch!

When choosing canned varieties, opt for those canned in spring water rather than brine; or if you prefer the flavoured options, drain off the excess oil before consuming. If buying fresh fish

from your local fish shop or supermarket, make sure to ask if the fish is fresh or has been frozen (they quite often will write this next to the name of the fish and price, but if they don't, make sure to check).

Either are fine to use, but if the fish was frozen and has been defrosted, or is sold frozen, you can't then re-freeze it, you need to consume it within 1-2 days. If buying fresh fish it can either be consumed within 1-2 days or placed in a resealable freezer bag. Expel any air and label, date and freeze for up to 3 months. Make sure when defrosting to place it on a plate in the fridge overnight to defrost, not left out on the bench.



SUPERMARKET CRUSH

Sugar free

Nexba sparkling waters contain purified sparkling water and they are naturally sweetened with Erythritol and Stevia. Unlike other flavoured mineral waters, Nexba contains no carbohydrates, no added sugars and no artificial sweeteners.

Flavours include lemon & lime; strawberry & raspberry; watermelon, cucumber & mint (great as a guilt-free mixer!); and coconut & mango.

I loved them all and stock them in my fridge now for when I'm after something a little more than sparkling water. The sparkling waters are all 1L and sold in both Coles and Woolworths, \$2.50.



SNACK

Toast 1 piece of wholemeal sourdough bread. Top with ¼ small ripe avocado, roughly mashed, 3 slices ripe tomato and freshly ground black pepper.

PER SERVE 634kJ, protein 5g, total fat 6g (sat. fat 1g), carbs 16g, fibre 4g, sodium 185mg
• Carb exchanges 1
• GI estimate low



Love yourself enough to live a healthy lifestyle

QUICK BREKKIE IDEAS

BERRY & ALMOND BIRCHER MUESLI

Combine 90g (1 cup) **rolled oats**, 185ml (¾ cup) **low-fat milk**, 130g (½ cup) **low-fat Greek-style natural yoghurt** and 1 Tbsp **pumpkin seeds** in a bowl. Cover. Put in fridge overnight. Divide between serving bowls. Top each with 2 tsp **slivered almonds** and 1 cup fresh **mixed berries**. Serves 2.

PER SERVE 1650kJ, protein 18g, total fat 13g (sat. fat 3g), carbs 44g, fibre 11g, sodium 100mg
• Carb exchanges 3 • GI estimate low

SPINACH, AVOCADO AND SNOW PEA OMELETTE

Whisk 2 **eggs**, 1 Tbsp **water** and freshly ground **black pepper** in a small bowl. Heat ½ tsp **olive oil** in a small non-stick frying pan over medium-high heat. Pour the egg mixture and cook, pulling back the cooked egg to allow the raw egg to move underneath. Once almost cooked, top half of the **omelette** with ¼ cup sliced **avocado**, 4 shredded **snow peas** and ½ cup **spinach leaves**. Top with 20g **goats cheese**. Fold the **omelette** over and slide onto a plate. Serve with a slice of toasted **wholemeal sourdough bread** and piece of seasonal fresh **fruit**. Serves 1.

PER SERVE 1990kJ, protein 22g, total fat 26g (sat. fat 6g), carbs 34g, fibre 8g, sodium 369mg
• Carb exchanges 2½ • GI estimate low

BANANA, DATE AND ALMOND SMOOTHIE

Blend 1 large ripe **banana**, 2 dried **pitted dates**, 200ml **almond milk**, 2 tsp no added salt or added sugar **peanut butter**, 2 tsp **honey**, ⅓ cup **ice cubes** and 2 tsp **psyllium husks**. Serves 1. ■

PER SERVE 1410kJ, protein 6g, total fat 13g (sat. fat 2g), carbs 46g, fibre 9g, sodium 135mg • Carb exchanges 3
• GI estimate low • **GF** • Gluten free

Plan your week,

Wondering what to eat this week? Try these delicious meal ideas

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
				
H₂O	Start each day with a glass of water. You should aim to have 6-10 glasses a day,			
Breakfast	Berry & almond bircher muesli (page 89)	Banana bread with ricotta cream (page 68)	Porridge with blueberry compote (page 69)	Breakfast smoothie (page 69) & 1 slice wholegrain toast with 1 Tbsp 100% fruit jam
Optional snack	1 cup fruit salad	1 cup carrot sticks with ½ cup reduced fat cottage cheese	175g tub Yoplait Forme	Christmas cake (page 44)
Lunch	 Sweet potato & sprout hash (page 59)	Mix and match your favourite sandwich each day: 1. Choose 2 slices of wholegrain bread 2. Spread with light margarine or hummus 3. Fill with at least 1 cup of salad, for example rocket, sliced tomato, cucumber and beetroot		
Optional snack	Small skim latte	1 piece of fresh fruit & 100g tub Ski D'Lite yoghurt	Quick & easy quesadilla (page 77)	1 piece of fresh fruit
Dinner	Green rice with beetroot & apple salsa (page 27) <i>Pictured above</i>	Orange & rosemary pork with broccoli pea mash (page 23) <i>Pictured above</i>	Chicken & pearl barley risotto (page 23) <i>Pictured above</i>	Gremolata-crusted salmon with lentils & spinach (page 20) <i>Pictured above</i>
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	Skinny Cow 78g Ice Cream cup	½ cup mixed berries & ½ cup low-fat custard	Choc orange pistachio bars (page 83)	½ cup low-fat custard topped with 4 slices canned peaches
Exercise	 Aim for 20-60 minutes of moderate exercise each day.			

WORDS SHANNON LAVERY (DIETITIAN) PHOTOGRAPHY GETTY IMAGES

it's easy!

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packaging or the nutrition info boxes near our recipes for nutritional analysis.

THURSDAY	FRIDAY	SATURDAY
		
depending on your exercise levels		
Egg & tomato roll (page 67) 	Porridge with fruit & nuts (page 66)	Smokey beans on toast (page 68)
Apple & peanut butter (page 77)	Mini tuna sandwich (page 76)	1 piece of fresh fruit
4. Add a lean protein, such as 95g canned tuna/salmon, 50g turkey breast or 40g reduced fat cheese		Red cabbage with carrot & edamame (page 61) 
1 cup celery sticks & ½ tub Chobani Meze Tzatziki dip	Spiced cherry & vanilla biscuit (page 44) & a piece of fresh fruit	Raisins & seeds (page 76)
Pistachio lamb koftas with apricot relish (page 24) <i>Pictured above</i>	Microwave kale & chilli eggs (page 22) <i>Pictured above</i>	Bolognese-stuffed roasted capsicums (page 60) <i>Pictured above</i>
have a couple of alcohol-free days a week		
1 cup fresh fruit salad 	2 fresh dates	175g tub Yoplait Forme
Always discuss your exercise plans with your doctor first		

Water, water everywhere!

Water makes up more than 50 per cent of our body and plays a vital role in breaking down food and delivering nutrients to our cells. It is contained in our bones, fat and lean muscle. Without it, we would not survive! It is essential that we replenish our water stores daily to ensure our body continues to function.

As a general guide, adults should aim to drink at least 2L (8 cups) of water every day, but even more during these warmer months. You may also need to increase your fluid intake when you are unwell or have high blood glucose levels.

If you currently find it difficult to meet your fluid needs, try some of our top tips to increase your water intake and keep you well hydrated this summer:

- **Aim to drink a cup** (250mL) of water before each main meal, drink a second cup with the main meal and then squeeze in an extra cup at both morning and afternoon tea – there's your 8 cups a day!
- **Keep a water bottle** on your desk and in your bag.
- **Add a low kilojoule/low carb** flavour to your water to make it more enticing – such as a wedge of lemon, fresh mint, cucumber ribbons or sliced strawberries. ■

CHRISTMAS

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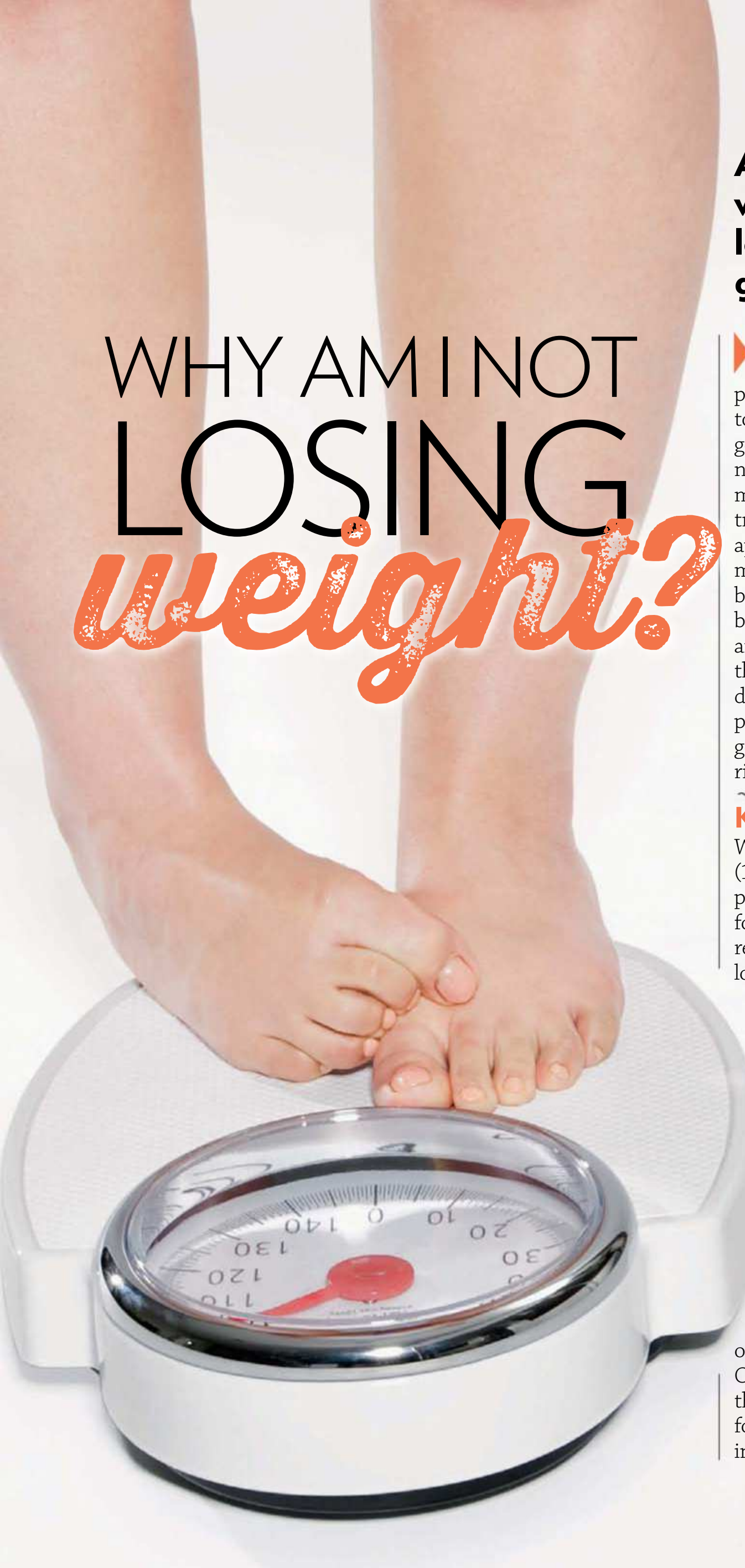
living well

MOTIVATION ♦ EXPERT ADVICE ♦ INSPIRATION



*I love how summer
just wraps its arms
around you like a
warm blanket*

— Kellie Elmore, author



WHY AM I NOT LOSING *weight?*

Are you trying your very hardest to lose weight but not getting the results?

▶▶ It is not uncommon to experience weight loss plateaus whenever you are trying to lose more than 5kg, but the good news is that you often don't need to work harder to get things moving again. Rather, it's about trying a range of different approaches that act to boost your metabolism and help your body become more efficient at burning body fat, rather than cutting back and trying even harder. Here are the most common reasons that dieters experience weight loss plateaus and easy ways to get things moving in the right direction again.

Kilojoules are too low

While 5000-6000 kilojoules (1200-1300 calories) are often prescribed for weight loss, for anyone who is exercising regularly, or who has already lost 5-10kg, this may simply be too little energy. If your kilojoule intake is too low, your metabolic rate will reduce over time, meaning you burn even fewer kilojoules and fail to see changes on the scales. For this reason, while a small female can use 5000kJ (roughly 1200 calories) as a minimal base number of kilojoules to consume daily, you will need to add another 800-1200kJ for every hour of activity that you do each day. Or, if you have been consuming the same number of kilojoules for some time, try increasing your intake slightly by adding an extra



YOU ARE EATING BREAKFAST TOO LATE IN THE DAY

One of the most important things you can remember when it comes to weight loss is that the earlier you eat breakfast, the better. Waiting several hours before you enjoy the first meal of the day is a little late when you consider breakfast fires up your metabolism for the day ahead. So, if you are waiting until after 9am to enjoy your eggs, oats or yoghurt, shift it forward an hour or two and get that metabolism firing. A good sign you're on the right track with your timing is if you feel hungry 2-3 hours later at 9.30am or 10am.

food or 400-600kJ to both your breakfast and lunch to see if this helps to boost your metabolism.

Overdoing the coffee

There is nothing wrong with a coffee or two each day, but if you find yourself drinking a number of milk coffees, the extra energy coming from the milk will be adding up. Not only are liquid kilojoules closely linked to weight gain, we rarely compensate for them, meaning we do not eat less when we have drunk them. A single milk coffee such as a latte or cappuccino has as much energy as a small meal, so make sure you factor them into your entire daily food intake. The timing of your coffee is also important; make sure you enjoy milk-based coffee with your meals or as a snack and drink only water or herbal tea in between.

Sitting down too much

While it is great to commit to regular exercise, if you then spend the remaining 14 hours of your day sitting, you are completely negating the benefits of exercise completely. Start to wear a

pedometer and become more aware of how much (or how little) you really are moving – ideally we need at least 10,000 steps every day in addition to regular exercise. Avoid hours spent lying in front of the television at night



If you doubt what is going into your mouth, spend a day recording everything

after work and get outside at lunchtime and move around, because the more you move, the more energy you'll burn and the greater your chance of sustainable weight loss.

Treating yourself at night

Eating too few kilojoules throughout the day, followed by excessive night eating, is one of the biggest barriers to successful

weight loss. What starts as a 'good' day with a light breakfast and lunch then becomes a feeding frenzy throughout the afternoon and evening as your body sends signals that it has not had enough energy throughout the day and seeks to make up for it. Avoid consuming excessive kilojoules throughout the second half of the day by ensuring your lunch choices contain both wholegrain carbs such as wholegrain crackers, sweet potato or brown rice, and

lean protein from fish, chicken or beans. Include a protein-rich snack such as some cheese and fruit or crackers with nut spread at 3-4pm and limit sweet treats after dinner to a single small treat of less than 400 kilojoules. Good choices include a couple of squares of dark chocolate, a portion-controlled ice cream or biscuit, or some Greek yoghurt and berries.

Eating more than you realise

An extra coffee here, a biscuit there and a few crackers with dip before dinner and you have the difference between losing weight and not. Record everything you eat or drink for a day. You may be surprised at the extras that slip in, even when trying to eat well. ■

When it comes to weight loss, the little things add up, especially as you move through your weight-loss journey. It's not the one-off foods that tend to cause issues when it comes to weight loss long-term. Rather, it is the daily food and exercise patterns we develop over time. So, if your weight loss has plateaued, chances are one of these factors holds the solution to break the fat-loss barrier so you can continue to move towards your goal weight.

10 WAYS TO LOSE the KILOS

Reach your weight loss goals and keep it off with these expert tips



TIPS FOR LOSING WEIGHT

▶▶ There is no one right way to lose weight. So much depends on finding out what works for you. But there is widespread agreement among experts that losing about 5-7 per cent of your initial weight (about 4-7kg for someone weighing 90kg) – and keeping those kilos off – can have tremendous health benefits for people with prediabetes or in the early years of type 2 diabetes. For most people diagnosed with type 2, weight loss can't reverse the disease, but it can help slow its progression and delay the need for additional

medications, says Hope Warshaw, co-author of *Diabetes Meal Planning Made Easy* (American Diabetes Association, 2010).

Weight loss can be more challenging for people with diabetes due to insulin resistance. Here are some tips to help you shed just 2kg – a good way to get the ball rolling.

1 *Control portion sizes*

It's not practical or realistic to weigh and measure everything you eat. So pick one day a week to pull out your food scale and measuring cups and spoons to see if you're eating the proper portions.

"Our eyes grow with time," says diabetes educator Hope Warshaw. "It's easy to rationalise: but it's just a little more."

To fine-tune your skills to eat proper portions, keep essential weighing and measuring tools on the countertop – a food scale that accurately weighs meats, fruits and starches; measuring cups for starches, vegetables and dairy items; and measuring spoons for fats, oils, salad dressings and more.



2 DISTANCE YOURSELF FROM TEMPTING FOODS

If there are foods you just can't stay away from – chips, ice cream, biscuits – keep them out of your kitchen. If tempting foods are already in the cupboard, fridge or freezer, toss them. And don't use your spouse or kids as an excuse for keeping problem foods on hand. Help the whole family eat healthy. If someone else does the shopping, be sure to pass along the ban on tempting foods. "A lot of grandmas rationalise having sweets and biscuits around the house for their grandchildren," says Warshaw. "Is that really what you want to feed them?" Challenge some of your preconceived notions and encourage Grandma to go healthy, too.

3 Trim fat

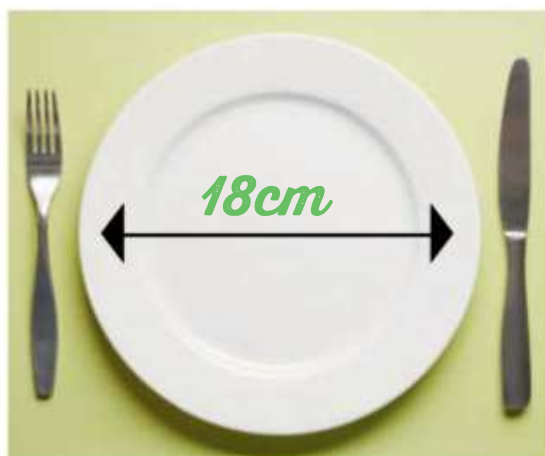
Fats are the most concentrated sources of kilojoules; find ways to cut just a little fat, including oils, here and there. The payoff can be big. For instance, instead of 2 Tbsp of regular salad dressing, use 1 Tbsp and dilute it with balsamic vinegar. That one move can cut approximately 360kJ.

"It's not about following a diet, it's about a tweak here or a tweak there," says Warshaw. Those tweaks can add up to real changes.



4 Downsize your dinnerwear

The more food you put in front of you, the more you're likely to eat, according to research by Brian Wansink, professor of marketing at Cornell University, New York, and director of the school's Food and Brand Lab. So serve meals on small dinner plates (18cm diameter) and use tall, narrow 120ml glasses for juice and other caloric drinks. Your brain will reset its expectations of a normal portion size, and you'll find yourself feeling satisfied with less food.



5 MAKE SMART CHOICES AT RESTAURANTS

When you go to a restaurant, make smart choices and practice portion control to not overeat, says Jeff Mechanick, clinical professor of medicine in at the Mount Sinai Medical Centre in New York.

Consider splitting large meals or putting half in a takeaway box right away. "Get a double portion of salad; order grilled or baked fish; and don't let the bread be placed on the table," says Mechanick. Take advantage of healthier menu choices, or ask the chef to prepare a low-fat version of an item.

weight loss



6 Embrace fruits and vegies

Enjoy a healthy, plant-based eating plan with lots of fresh fruits and vegetables packed with fibre. Aim for five servings of vegetables and two servings of fruit a day.

Try the plate method when serving your meals. Fill half of your plate with non-starchy vegetables. Fill one quarter with a low glycemic index (GI) carbohydrate, such as pasta, and the remaining quarter with lean meat or other proteins. "This reinforces the concept of using the main protein source of your meal as a side dish rather than the meat-centric main course," says Warshaw.

For dessert, eat fruit rather than cake or ice cream. "It's a great way to end a meal," says dietitian Marisa Moore. "Fruit often does the trick, and you'll be surprised at how many [kilojoules] you'll save and still have a sweet ending to a meal." ➤

weight loss

7 FILL UP WITH FIBRE

Make sure your diet includes plenty of oats, porridge and beans – all great sources of fibre, Moore says. “Fibre can help you feel full longer and lower your cholesterol.”

Aim for 30-35 grams of fibre each day – two-thirds from soluble fibre and one-third from insoluble fibre, says professor Jeff Mechanick. Soluble fibre is in oat bran, nuts, carrots and oranges. Insoluble fibre is in dark green leafy vegetables, fruits, wheat and legumes. Instead of high-kilojoule foods loaded with sugar and refined starches, shift to lower-kilojoule foods with more fibre. Whole foods and whole grains are better than processed. If you feel overwhelmed by the amounts and types of fibre you should be eating, dietitian Hope Warshaw, recommends: “Just eat more fibre.”

8 Track your progress

It's a proven fact that keeping a food diary is an effective way to eat healthier. If you have to write down what you eat before you eat it, you're more inclined to make good choices. “It's a great way to identify triggers or patterns in your eating behaviour that you want to get rid of,” says Moore.

Use a memo pad, online food journal, even your smartphone – whatever works for you. “When you realise you have to write it down, you aren't as likely to eat unhealthy foods,” she says.

Tuesday

- porridge
- apple
- tuna salad
- banana
- cup of tea

9 Don't let yourself get too hungry

“Don't skip meals,” says dietitian Marisa Moore. “Be sure you eat regularly to avoid major blood glucose fluctuations that can lead to a ravenous attack on the refrigerator.” Be prepared with snacks when you're on the go in case you need them. Carry a piece of fruit, crackers, low-fat cheese or yoghurt. Tucking away something ahead of time will keep you from being tempted by fast food or vending machines.

10 MOVE THROUGHOUT THE DAY

Along with modified eating, incorporate physical activity into your lifestyle. Move throughout the day. Stretch while you make breakfast. Take the stairs at the office. Go for a stroll during your lunch break. It's a myth that you need to sit to digest your food, says professor Jeff Mechanick.

You should get at least 30 minutes of moderate physical activity every day. According to the Australian Department of Health, adults need up to 300 minutes of moderate

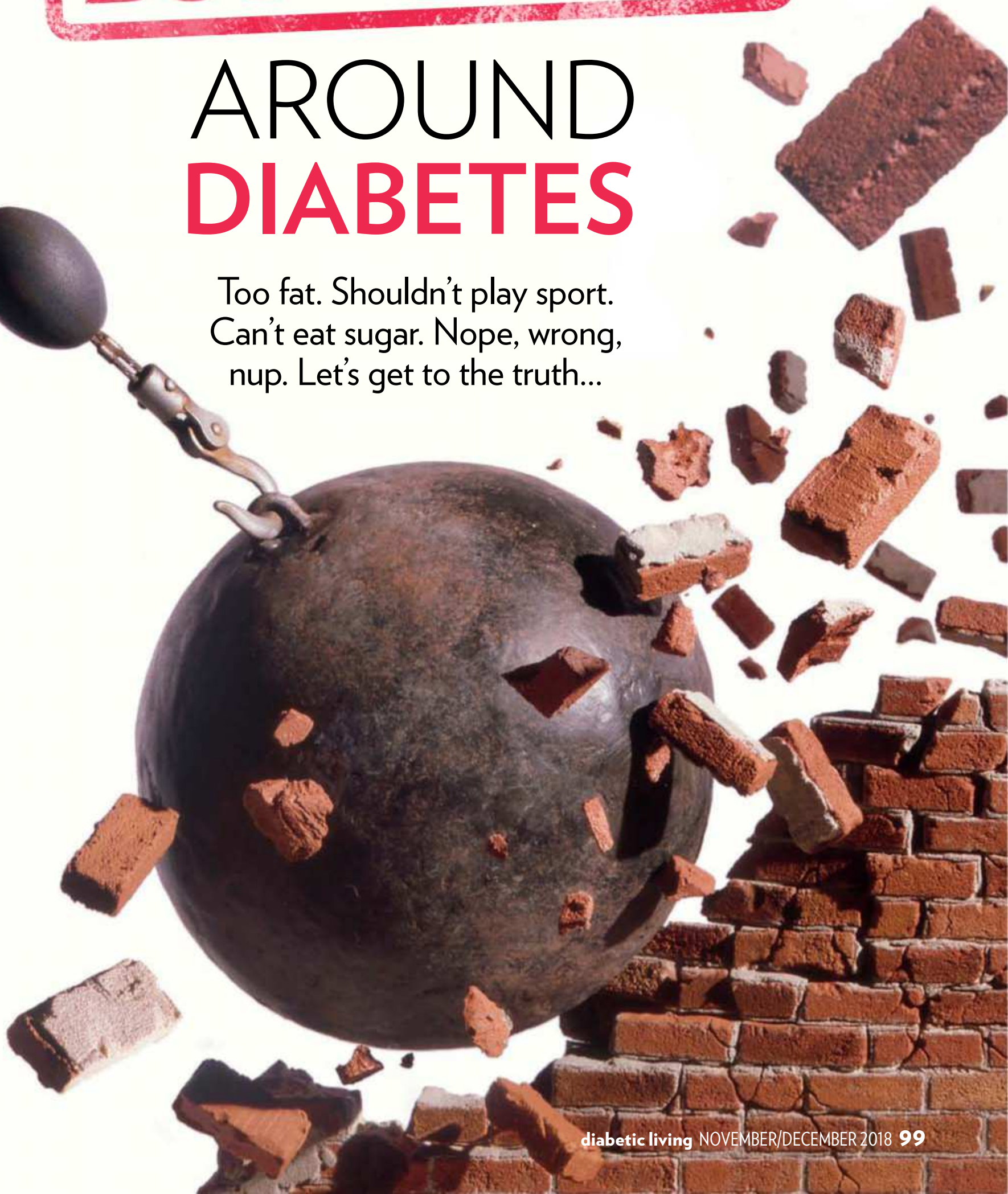
intensity physical activity or 150 minutes of vigorous intensity physical activity per week to prevent unhealthy weight gain. ■

IT'S TIME TO

BUST MYTHS

AROUND DIABETES

Too fat. Shouldn't play sport.
Can't eat sugar. Nope, wrong,
nup. Let's get to the truth...





▶▶ Diabetes is one of the most misunderstood health conditions and diabetes-related stigma is a very real issue for many Australians living with diabetes. Having “concerned” friends ask about their eating habits or being questioned about whether they caused their own diabetes only makes managing and living with diabetes even more difficult.

Diabetes Victoria recently launched a campaign to bust common myths about diabetes to help people become more knowledgeable about the condition and raise awareness

about all types of diabetes and the myriad misconceptions surrounding each.

“Diabetes-related stigma is a very real issue for most people living with diabetes. Being questioned whether or not they can eat certain foods or being blamed for developing diabetes only adds to the pressure of managing and living with this complex health condition,” says Diabetes Victoria chief executive Craig Bennett. “We need to bust common myths about diabetes to help people become more knowledgeable about the condition. People from all walks of life can develop diabetes and we need to ensure these people are supported – instead of being stigmatised – because we too often hear things about diabetes that are simply not true.”

The campaign consisted of five videos of people living with diabetes and dispels the stigma as they carry on with their lives. Diabetes has not stopped Luke celebrating birthdays and eating birthday cake, while Sandra has lived more than 60 years with diabetes and is enjoying country life with her horses. Diabetes has not prevented Laura from



completing Half Iron Man events, nor has it stopped Joe from driving trucks. Mignonne enjoys regular exercise to stay trim.

“There are three main types of diabetes: type 1, type 2 and gestational,” explains Bennett. “Each type of diabetes has different underlying causes and may be best managed with different strategies. However, once you develop diabetes, you will have to manage the condition every day for the rest of your life. There is a great need to raise awareness about this, in particular.”

Stigmatising people with diabetes does nothing to help either them or the goal of finding a cure, and this campaign is a vital step in changing attitudes and perceptions around this disease that affects about 1.7 million Australians. ■

There is a great need to raise awareness about this

BOOM

GET READY TO BUST A MYTH

MYTH 1

People with diabetes can't eat sugar

FACT: People with diabetes can eat what everyone else can eat. People with diabetes do not need 'special foods' and there is no need for a zero-sugar diet.

MYTH 2

People with diabetes can't play sport

FACT: As well as keeping fit and having fun, exercise is good for people living with diabetes, as it can help reduce the risk of diabetes-related complications.

MYTH 3

People with diabetes don't live long lives

FACT: Once diabetes has been diagnosed, you will have to manage the condition for the rest of your life. But this doesn't mean that it will be a short life.

MYTH 4

People only get diabetes if they are overweight

FACT: Being overweight can be a risk factor for type 2 diabetes, but people with diabetes look like everybody else – they come in all shapes, sizes, ages, gender identities and ethnicities.

MYTH 5

People with diabetes can't do certain jobs

FACT: Some decades ago, there were many restrictions on the careers that people with diabetes could have. But times have changed, and so has diabetes management.



FOOD & feelings

What drives a person to eat when the body doesn't need food?

▶▶ Linda Shumway managed her diet carefully during the day. She portioned food thoughtfully, read food labels and tracked carbohydrates. But at the end of the day, her stress set in. Four years after being diagnosed with type 2 diabetes, she began eating large quantities of Doritos, Cheezels and barbecue-flavoured potato chips at night. “When they were on sale, I stocked up,” she says. Eating crunchy, salty snacks made her feel special and kept her emotions at bay.

So she kept up the habit for more than a year, until she learned of the consequences. “I never realised the damage I was doing until an annual blood test revealed kidney disease, stage 2,” says Shumway. “I now know emotions control my eating habits, and I’m determined to change my habits for the better.”

EATING BEYOND HUNGER

“Compulsive overeating is the ingestion of food beyond what is needed, against a

conscious wish to stop,” explains J. Michael Gonzalez-Campoy, medical director and CEO of the Minnesota Center for Obesity, Metabolism and Endocrinology. People who compulsively overeat don’t just snack at night or eat more than their peers. Instead, they eat beyond a feeling of fullness, responding to stress and emotion rather than hunger.

HOW EMOTIONS ARE INVOLVED

Food provides a way to cope with emotional energy, says Ann Goebel-Fabbri, clinical psychologist and author of *Prevention and Recovery from Eating Disorders in Type 1 Diabetes: Injecting Hope*. And overeating can develop

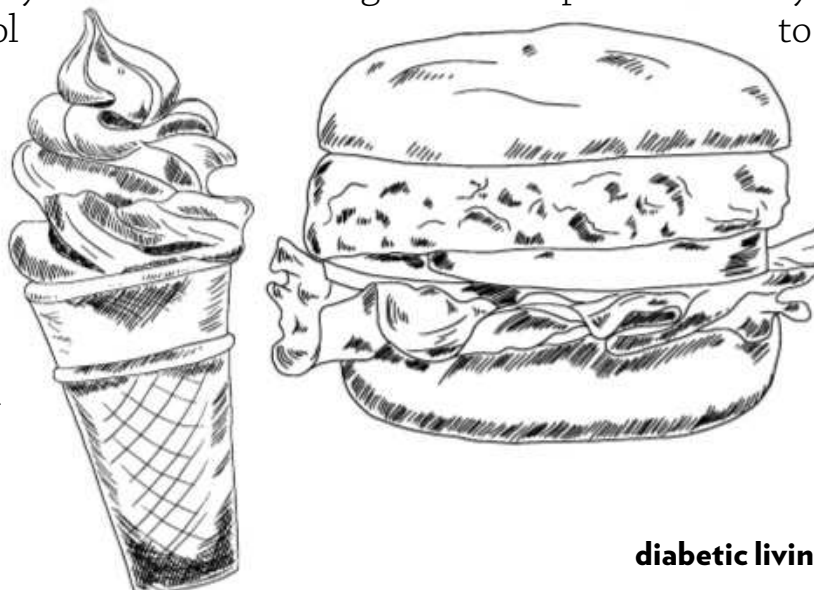
into a comforting habit. She recalls how a client once told her, “Food has been my best hug.”

Emotional triggers for eating can be both positive and negative. They can run the gamut from sadness, loneliness and anger to joy and celebration, says Goebel-Fabbri. Stress related to work, family, finances and even vacations and holidays can find an outlet in food.

Negative emotions about the act of eating can also play a role. After overeating, shame can set in, says Gonzalez-Campoy. That can trigger further eating, launching a vicious cycle.

Food can also act as a rewarding relief after good behaviours. That’s why, for many people, the compulsion

to overeat can arise at the end of the day, especially on days when they have carefully managed food intake. The urge usually sets in at home because it feels like a safe environment, says Gonzalez-Campoy. ▶





IS IT BINGE EATING?

The term “compulsive overeating” is sometimes used interchangeably with “binge eating”, but they are not always the same thing. A binge eating episode has a specific definition: it is eating, in a two-hour period, an amount of food that is definitely larger than most people would eat during a similar period of time under similar circumstances, while feeling a lack of control over eating. A classic sign of binge eating is that eating behaviours feel out of control, says Goebel-Fabbri.

Binge-eating disorder was classified as a clinical eating disorder in 2013. But having episodes of compulsive overeating or binge eating doesn’t necessarily mean you have binge-eating disorder. “Compulsive overeating may describe a symptom of disordered eating, but is not a diagnosis,” says Lauren Smolar, director of programs for the US National Eating Disorders Association (NEDA).

A disorder diagnosis must be made by a doctor or psychologist, who will factor in many criteria, including how often binge-eating episodes happen and how a person feels about them. According to the Butterfly Foundation, about 4 per cent of the Australian population has an eating disorder, with 47 per cent of these people having a binge-eating disorder.

What’s the harm?

For people with diabetes, compulsive overeating creates distinct challenges. Because comfort foods are often carbohydrate-heavy, eating large quantities in one sitting can temporarily spike blood glucose, notes Gonzalez-Campoy. Over time, elevated blood glucose levels can lead to serious health complications, such as heart disease, nerve damage or kidney disease. Compulsive overeating is also linked with being overweight and obesity. But it’s hard to understand which comes first. Overeating can certainly cause weight gain, since it can result in taking in more kilojoules than the body needs. But compulsive overeating can also be triggered by feelings of shame and isolation that come from being overweight or obese. “The larger a person is in our society, the more invisible they are,” says Goebel-Fabbri.

Being ignored, judged and shamed based on appearance can trigger emotions, such as sadness, loneliness and anxiety, that lead to further overeating.

WHAT YOU CAN DO

Healing starts with awareness. A good first step is to pay attention to your habits. If you notice you are eating large amounts of food when you don’t feel hungry, eating alone because of embarrassment, or feeling shame or disgust after eating, this may be compulsive overeating.

Next, talk to someone you trust. This might be your primary care provider, registered



dietitian, certified diabetes educator, or even a friend or family member. You can also call a help hotline, such as the one run by The Butterfly Foundation (*see #2, opposite*). Talking with someone may help you to explore what might be causing your compulsive overeating and learn how you can take steps to address it.

“If someone is concerned about any part of their relationship with food, we recommend they seek help from professionals who specialise in eating concerns,” says Smolar. If you do have binge-eating disorder, a diagnosis may help you receive treatment. She adds: “People who are really in need of specialised help now have a diagnosis to identify and validate their disordered eating behaviours and can receive the treatment they need from professionals. When there isn’t a recognised diagnosis, it’s often much harder to find accessible, affordable and specialised treatment.”

WHAT TREATMENT LOOKS LIKE

Treatment options can include attending group or individual psychotherapy, working with a psychologist to identify eating patterns and counter the negative thoughts that come with them, and learning mindfulness techniques to use when eating.

Working with a psychologist

WHERE TO FIND SUPPORT?

1 Enlist your family and friends. Schedule activities with people whose company you enjoy.

2 Consider joining a support group. The Butterfly Foundation offers support groups for people with eating disorders, their carers, family and friends. For more information visit thebutterflyfoundation.org.au.

3 Speak to your health care team about your habits and concerns.

4 Ask for a referral to a dietitian or psychologist who can help you make changes and begin to heal.



might involve learning about the emotions that drive binge eating episodes. It may help you pinpoint what you are feeling when you reach for foods you can't stop eating. Treatment can also help you consider what purpose the food is serving, and see if you can find a substitute. Goebel-Fabbri recalled one patient who found that taking a walk or calling a friend on the phone helped her avoid eating chocolate when she was feeling lonely.

Treatment may also involve creating strategies to change how you interact with food. Just like emotions, certain foods can be triggers. Once you identify which foods trigger you to overeat, it can help to make a plan for how you will approach them. Some people try to eliminate these foods, but making something entirely

off limits could haunt you, says Goebel-Fabbri. Deprivation can give the food more power and lead to feelings of being out of control. Instead, she recommends coming up with a strategy. Ask yourself, "How can I have [this food] in a way that I get to enjoy it mindfully and in a way that I can feel good about afterwards?" she says.

CHANGE IS HARD – BUT WORTH IT

Binge eating treatment can take months or years, as it involves understanding the underlying emotions, as well as changing habits. Changing patterns, especially deeply rooted ones, can be difficult. But small steps can

be a good start. For Linda Shumway, one such step was finding new, healthy foods to get excited about. "I started buying a case of oranges at

Costco. I substituted one daily for the chips," she says. Now, she has formed several small habits that have helped her shift toward a more mindful approach to food.

If you have any concerns about your relationship with food, you don't have to face them alone. Asking for help can be tough, but know that reaching out is not weakness, it's a sign of immense

internal strength. So be kind to yourself, and consider seeking support from your family, friends and health care team. ■



A classic sign of binge eating is that eating behaviours feel out of control.

health check



SAVE YOUR *vision*

People with diabetes are at a higher risk for vision loss. But with these eye-protecting tips, you may save your vision from glaucoma, cataracts and diabetic retinopathy – the three eye complications that make up diabetic eye disease

▶▶ Experiencing a rapid change in your vision can often be a first sign of diabetes. Plus, blurred vision is a potential complication of the disease. Incorporate these eye-saving tips into your daily routine to help prevent or slow the progression of diabetic eye disease.

* Remember to wear a wide-brimmed hat

Hats shield your eyes from the sun's harmful ultraviolet (UV) rays. Choose a hat that shades your entire head and neck. For the best protection, wear a hat with a brim all the way around that shades your face, ears and the back of your neck. Avoid straw hats with holes that let sunlight through.

Wearing a baseball cap provides good shade for your eyes, but it's not as good at protecting your ears and the back of your neck. If you want to protect your skin from the sun when wearing a baseball cap, wear clothing that covers those areas or apply sunscreen with at least SPF 15.

* Have a comprehensive dilated eye exam

Early detection and treatment of eye problems can reduce significant vision loss. But many symptoms of diabetic eye disease or diabetic retinopathy are undetectable without an exam, which is why it is recommended everyone with diabetes have a comprehensive dilated eye examination at least once a year.

"The eye becomes a window to how diabetes is progressing," says optometrist Robert Layman. "Having a comprehensive dilated eye exam is a good preventative measure for patients with diabetes, and with the improving technology we are able to catch any complications way in advance."

Depending on how diabetes has affected your vision, having an eye exam once a year may not be enough. Talk with your optometrist and physician to find out how often they recommend you have your eyes checked.

* **Eat foods packed with antioxidants**

Just like the rest of your body, your eyes reap the benefits of a healthful diet. A study conducted by the National Eye Institute (USA) found that a diet packed with antioxidants and other nutrients may help protect your eyes from developing macular degeneration and cataracts.

Incorporate these nutrients and food sources in to your daily diet.

* **Keep your BGLs in check**

“There are two reasons why blood glucose control is so important,” says ophthalmologist Peter Kaiser. “The first is that the high blood glucose levels damage blood vessels throughout the entire body; in the kidneys, the heart, and even in your eyes.”

After your blood vessels are damaged from high glucose levels, they become like a garden hose with holes in it. Fluid will leak into your eye, causing the retina to swell and vision to blur. “This can ultimately lead to ischaemia or lack of blood

supply to the eye, causing blindness,” explains Kaiser.

The second reason blood glucose control is so important is to help prevent early cataracts.

“When you have high blood glucose, it changes the makeup of the lenses much faster,” says Kaiser.

Keeping your blood glucose under control can help reduce blurry vision, but Kaiser says it is imperative to see an eye doctor right away when your vision is blurred because once vision is impaired, treatment often must begin immediately. In this situation, ophthalmologists have options such as laser surgery and medication that optometrists usually don’t.

* **Remember your HbA1c**

When you schedule your next eye appointment, bring your most recent HbA1c reading along. Your eye specialist will use this as a guide for what to look for during your exam.

“If the numbers are out of the ordinary, it lets us know that we need to take a closer look for any sign of haemorrhages and blood vessel side effects,” says optometrist Robert Layman. “It also helps explain why those things may have occurred.” ■

Exercise regularly

Walking 30 minutes or more a day helps your body use insulin more efficiently. The more efficiently you use insulin, the better your blood glucose control, which helps keep your eyes healthy. Exercise also helps you lose body fat, which also improves insulin sensitivity.

Doctors recommend people with diabetes perform 30 minutes of moderate intensity exercise every day in order to boost cardiovascular health and keep a healthy weight.

WEAR SUNGLASSES

Sunglasses are more than just a fashion statement. Donning shades can protect your eyes from exposure to harmful UV radiation.

These damaging rays can increase the risk of developing vision problems such as cataracts. And because people with diabetes are already at

a higher risk for cataracts, it’s especially important to protect the eyes from the sun.

Wear sunglasses with 100 per cent UV protection whenever you step outside, even if it’s cloudy, because

UV rays can pass through haze and thin clouds.

It is especially important to wear sunglasses at higher altitudes and during the afternoon when UV light is more intense.



Diabetes & HEARING LOSS)))

Though not as well known as neuropathy in the hands and feet, hearing loss can be a complication of uncontrolled diabetes

▶▶ A SURPRISING COMPLICATION

Ed Weinsberg wasn't surprised when he developed burning sensations in his feet in 2006. His health care provider had told him he might experience this sign of peripheral neuropathy, a side effect of his

recently diagnosed type 2. Medication helped reduce the sensations. But a few years ago, Ed, 67, a former rabbi and author, began to experience frustrating hearing problems.

"Every sentence began with, 'What did you say?'" he says. "My ear, nose and throat doctor wasn't sure what was behind it." By then Ed had already lost 50 per cent of his hearing in his left ear. "But I suspected there might be a connection with my diabetes," he says. "I know it reduces blood flow to other parts of the body."

Ed was onto something. Research shows people with uncontrolled type 1 or type 2 are twice as likely as others to experience hearing loss. In a large study of people aged 20-69 by the National Institute of Diabetes and Digestive and Kidney Diseases (US), a strong association was found between diabetes and hearing problems, emerging as early as age 30.

Another study, from Henry Ford Hospital in Detroit, reached much the same conclusion. Researchers found in women younger than 60, hearing was worse among those with type 1 or type 2 compared with women without diabetes, says study coauthor Kathleen Yaremchuk. And women ages 60-75 with poorly controlled diabetes had significantly worse hearing than those whose diabetes was considered well-controlled.

"When you think about complications of diabetes, this is not what you think about," says Joanne Rinker from the North Carolina Diabetes Prevention and Control Branch. "But one in three people with diabetes will have trouble with their hearing



because of complications from their elevated blood glucose.”

HOW DIABETES HURTS YOUR HEARING

Diabetes seems to affect hearing in several ways. When blood glucose rises, “there is a breakdown of nerves in the ears – the same kind of nerve damage that causes tingling and other symptoms in the fingertips and toes,” says Rinker. What’s more, the blood vessels in the ears are very small. “When blood (glucose) is high, blood running through the veins is like syrup,” she says. “Imagine how hard it is to get into the tiny capillaries of the cochlea – that can contribute to the hearing problems.”

In addition, “our hearing mechanisms rely on specialised cells called hair cells,” says Elizabeth A. Dinces, assistant professor of otolaryngology at Albert Einstein College of Medicine. “They are very fragile and susceptible to changes in the environment, including the effect of increased glucose in blood.”

No diabetes complication is desirable, but Yaremchuk says hearing loss can be particularly insidious. “People who experience hearing loss can become isolated

from others and less involved. They stop being included in conversation and withdraw,” she says. Depression can soon follow. Other research suggests it also increases the risk of dementia.

PROTECT YOUR EARS FROM COMPLICATIONS

The best way to protect your hearing from damage due to diabetes is to maintain good control of your blood glucose. That includes taking your prescribed medications, eating a healthy diet, controlling portions and making exercise a part of every day. “Strict glycemic control has known overall benefits for patients, including hearing,” says Dinces.

If you think diabetes has affected your hearing, tell your doctor or ask for a referral to an audiologist for an examination. Although hearing loss is not reversible, a hearing aid can help enormously. And hearing aids have come a long way in the past 20 years. “Today’s hearing aid is not your father’s hearing aid,” says

Yaremchuk. Today’s hearing aids can adjust for distortions at high and low frequencies. “They’re phenomenal in terms of their abilities,” she says.

Ed admits he was reluctant to use a hearing aid. “Like a lot of people, I was hesitant to admit that something that important had changed so drastically,” he says. While the device didn’t restore his hearing entirely, his ability to hear and engage with others has improved dramatically. “Now I can hear people more clearly,” he says, “and I am far less frustrated.” ■

Signs of hearing loss

- **A hearing problem** causes you to feel embarrassed when you meet new people.
- **You have difficulty hearing** when someone speaks in a whisper.
- **A hearing problem** frustrates you or triggers arguments when talking to family members.
- **A hearing problem** causes you to attend public events or services less often than you would like.
- **Difficulty with your hearing** limits or hampers your personal or social life.



Do you really need to lose the extra weight to help manage or reduce the risk of developing diabetes? *DL* dietitian and diabetes educator *Dr Kate Marsh* explains

▶▶ **WHAT IS HEALTH AT EVERY SIZE?**

Health At Every Size (HAES) is a weight-neutral approach to health. HAES practitioners believe that, regardless of your size, it's more important to focus on healthy behaviours than weight loss.

HAES is based on evidence that dieting for weight loss is ineffective (most people eventually gain back the weight they lose) and often harmful (some weight loss methods and repeatedly losing and regaining weight can have their own health risks).

The HAES approach, developed by the Association for Size Diversity and Health (ASDAH) also encourages working to end weight discrimination, weight stigma and weight bias.

WHAT RESEARCH SHOWS

Several studies have compared the HAES approach to conventional treatment (focused on weight) and the findings are in favour of HAES. Changing the focus from weight to health is associated with significant improvements in health measures (such as blood pressure and blood fats), health behaviours (such as diet quality and eating and activity habits) and psychosocial outcomes (such as self-esteem and body image). These improvements are greater than with weight-focused treatments and without the negative effects. And studies don't show that taking the focus off weight leads to weight gain.

Advocates of HAES also point out that, apart from at the extremes, there is little

evidence to show carrying extra weight reduces longevity. In fact, in many cases the research shows that those who are overweight live longer.

Finally, dieting to lose weight, particularly weight cycling (repeated attempts at losing weight and then regaining) can have negative effects on both physical and mental health. Placing an emphasis on weight control can lead to disordered eating and body dissatisfaction and there is actually evidence to suggest that dieting predicts future weight gain.

WHAT ABOUT THE LINK BETWEEN WEIGHT AND DIABETES?

It's true that carrying extra weight is associated with an increased risk of type 2 diabetes,



Can you be
healthy
AT ANY SIZE?

and that weight loss often improves insulin sensitivity and lowers blood glucose levels. But in many dietary studies, improvements in blood glucose levels are seen within a few days, before significant weight loss occurs. Some study participants also see improvements in blood glucose levels and insulin sensitivity without losing weight. These findings show that it is the behaviour changes (such as improved eating habits and an increase in activity levels), rather than weight loss per se, that are important.

DOES IT MEAN I SHOULDN'T LOSE WEIGHT?

HAES doesn't mean that you shouldn't or that you won't lose weight. But this approach doesn't focus on weight loss. ➤



If you've found weight loss difficult in the past it's important to realise that there is another way. That's to focus on health behaviours rather than weight.

— Fiona Willer, Health, Not Diets

weight loss

Instead your focus is on healthy eating, regular movement, adequate sleep and managing stress levels. Rather than a restrictive diet you are encouraged to make healthy food choices, listen to your appetite and eat mindfully. For some people this may lead to weight loss, but this isn't the focus or goal. And if you are healthy but not losing weight, HAES encourages acceptance of your size and shape.

HOW DOES HAES WORK WHEN I HAVE DIABETES?

Taking the focus off losing weight doesn't mean ignoring your diabetes. It just changes the focus of how you approach making lifestyle changes.

Fiona Willer, a dietitian who trains other health professionals on the HAES approach, explains that treating diabetes from a HAES perspective focuses on making behavioural changes that can help with diabetes management, rather than emphasising weight loss.

"The treatment if someone with diabetes who is overweight goes to a HAES practitioner is the same as for someone in a lower-weight body," she explains.

"This would include looking at things like the amount and types of carbohydrate you eat, how your blood glucose levels respond to different foods and how physical activity fits in."

Essentially, it means focusing on making changes to your eating, activity levels and other behaviours that can help in managing your diabetes, without worrying about whether or not this helps you to lose weight. After all, optimising your blood glucose levels and other risk factors (such as blood fats and blood pressure), rather than losing weight, is what will reduce your risk of diabetes-related complications.

WHAT IF MY DOCTOR IS FOCUSED ON MY WEIGHT?

You may be convinced that prioritising health over weight is the way to go, but what if your doctor doesn't seem to think the same way? Fiona suggests having a discussion with them and asking, "What advice would you give to a person of a lower weight with my condition?" and "Why can't I try this first since weight loss hasn't worked for me in the past?"

If they are still insistent that you need to lose weight, she suggests that you could even ask them to provide you with evidence to show that you can lose weight and keep it off for more than five years. Long-term studies to date suggest this is unlikely. In fact our national guidelines for the management of overweight and obesity in Australia state that regardless of the degree of initial weight loss, most weight is regained within a two-year period and by five years the majority of people are back to the weight that they started at.

Eating well, and exercising regularly, on the other hand, will benefit your health regardless of your weight.

In summary, HAES switches the focus from weight to health. It doesn't mean that every person is automatically healthy at every weight. Instead, it's about incorporating healthy behaviours which improve health outcomes irrespective of size or weight. ■

Finding a HAES practitioner

For more information about HAES and to find a practitioner in your area, visit haesaustralia.org.au/find-a-haes-specialist



What is intuitive eating?

HAES advocates intuitive or mindful eating which means relying on internal regulation rather than external cues.

You are taught to make connections between what you eat and your body's response to food. In particular, you are encouraged to consider how you feel in the short to medium-term, paying attention to things like mood,

concentration, energy levels, appetite, hunger, satiety, fullness and pleasure. This is very different to most weight-loss programs which typically focus on external factors such as dietary restriction and prescriptive eating plans.

Principles of HAES

- **Body acceptance**

Respecting and appreciating the diversity of body shapes and sizes rather than pursuit of an ideal weight or shape.

- **Eating for wellbeing**

Eating based on hunger, satiety, nutritional needs and enjoyment rather than following restrictive diets and eating plans.

- **Enjoyable movement**

Taking part in physical activities for health and pleasure rather than primarily for weight loss.



Why your *dentist* needs to know if you have diabetes

Oral health professionals can help with a number of critical issues, such as BGL medication, writes *Professor Mark Bartold*

▶▶ When you think about health professionals who can help manage chronic diseases, your dentist is probably not high on the list. However, if you look at diabetes as an example, evidence indicates that your oral health professional should be an important player on your health-care team, and not just to look after your mouth.

In fact, an oral health professional can often help people with diabetes improve their long-term general health outcomes, including managing their blood glucose levels.

The prevalence of diabetes in Australia is of significant concern. 1.7 million Australians have diabetes, with more than 100,000 developing the disease in the past year alone. While in itself, managing diabetes is a never-ending juggling act, managing the

risk of the many health issues associated with diabetes can become overwhelming. These include (but are not limited to) cardiovascular disease, nerve and kidney damage, skin conditions, and oral health issues.

There are a number of oral health issues that can impact people with diabetes. These include gum disease, gum abscesses (infection of the gums), dry mouth, tooth decay and mouth ulcers, to name a few. Let's look at why people with diabetes are more prone to developing these issues.

Potential reasons why people with diabetes are prone to specific oral health issues can include the use of certain medications and the fact that foods and beverages used to treat hypos (hypoglycaemia – when a person's blood glucose

level drops too low) are high in sugar and can lead to tooth decay. However, perhaps the main culprit is poorly managed blood glucose levels.

Poor glucose control can result in damage to blood vessels, making infections of the soft tissue (gum) and bone that supports the teeth more likely. When blood glucose levels are not well-managed there is heightened risk of infections. Other oral health issues like dry mouth can also occur when blood glucose levels are elevated.

We know that diabetic management and oral health management is a two-way street. Poorly controlled diabetes can affect the mouth, but you might be surprised by the degree to which poorly managed oral health issues can negatively impact diabetic control.

Evidence is now indicating that severe periodontal disease (periodontal refers to structures around the teeth including gums, ligaments and bone) can actually increase blood glucose levels. Evidence also leads ▶

The OHAP
The Oral Health Advisory Panel (OHAP), is a group of independent healthcare professionals with the aim of raising awareness of the importance of good oral health and its impact on general wellness. The panel aims to take oral health beyond the dental clinic.

need to know



need to know

us to believe that when people with diabetes with poor glucose control undergo periodontal treatment, it can actually help them to improve blood glucose levels long-term. In turn, this can help to reduce the risk of developing other common diabetic complications, including heart and kidney disease. Now that we know the true benefits of good oral health, there are five important steps that can help you achieve a healthy mouth.



1 Practise good oral hygiene: Brush your teeth and gums twice a day with a fluoride toothpaste. If you treat a hypoglycaemic event by consuming a high-sugar food or beverage, be sure to wait 30-60 minutes before brushing your teeth. This allows teeth time to restore their mineral content and avoid the risk of erosion.

2 Have regular oral health check-ups: If you are newly diagnosed with diabetes, establish a regular oral health examination routine. Depending on your situation, your oral health professional will advise how often you will need to attend. Even if you have dentures, you should still visit an oral health professional because you are still at risk of gum disease.

3 Tell your oral health professional that you have diabetes: Be sure to let them know about your blood glucose reading and what medications you are taking. Also let your oral health professional know which health professional (e.g. your GP) is helping to manage your diabetes so that,



If you are diagnosed with diabetes, establish a regular oral health routine

with your permission, they can share relevant information about your health management.

4 Manage your diabetes and understand the link to oral health: Ensure your blood glucose levels remain within your target range.

5 If you smoke, stop! The mouth is connected to the body and quite often, the mouth is one of the first sites to indicate that there is an underlying health condition. For example, there is a very good chance that people experiencing recurring gum abscesses could have undiagnosed type 2 diabetes.

health professional can assist a patient with diabetes in maintaining good blood glucose levels. Oral health professionals can also help diabetic control by promoting healthy lifestyle choices to maintain good blood glucose levels. In the future, it is highly likely that dentists and periodontists will even monitor blood glucose levels at dental appointments.

If you have diabetes, or live with any chronic illness, make an appointment with your dentist and ask about how it might be impacting your oral health, and how your oral health might be impacting your general health. ■

This is why, when it comes to managing chronic diseases like diabetes, dentists are increasingly significant players in the management of a patient's whole health plan.

By helping to control oral inflammation and infection, an oral

Professor Mark Bartold is Emeritus Professor at the University of Adelaide. He was formerly Professor of Periodontics and Director of the Colgate Australian Clinical Dental Research Centre at the University of Adelaide. Professor Bartold is also a founding member of the Oral Health Advisory Panel. Follow the Oral Health Advisory Panel via Twitter @OHAPanel to stay up to date with practical advice on good oral health habits.

TYPE 1

One small word changed my life with diabetes

▶▶ When did your diabetes journey begin?

I was diagnosed when I was 25. I'd lost about 6kg while pregnant and my vision was playing up so badly, I wasn't confident to drive. I had a really dry throat and a raging thirst. My husband bought me sweet icy poles to suck, which of course didn't help the situation.

I was incredibly sick on Christmas Day, but I didn't go to Emergency until Boxing Day. The nurses didn't know how I was still standing. I was six months pregnant, but I didn't have gestational diabetes.

After the type 1 diagnosis, I remember a young lad who was also diagnosed with diabetes. His acceptance was fantastic and

he inspired me to get on with it, instead of weeping and wailing.

I was put on a strict regime to keep my glucose levels between four and eight, and I was hospitalised again for a month before my son was due. I had no complications with his birth or, later, my daughter's. They are now both in their 30s and I have three grandchildren. I'm the only person in our family to have diabetes.

How did you find those early days?

It was really tough. My mum died, we moved to Sweden and I was adjusting to life with diabetes.

I felt embarrassed. In the beginning, I didn't understand it was an autoimmune disease. ➤



Julie Chapple has been living with type 1 for nearly 40 years. She kept it a secret until two years ago, when her dietitian said one word that changed her whole outlook

my story: type 1



LEFT: Julie and husband Garry at Drottningholm Palace, Sweden. ABOVE: On a snowmobile on the frozen Torne River in Sweden. RIGHT: Julie and Garry on the Sydney Harbour.



I thought it was maybe because I'd eaten the wrong food – I always did like cakes – or I'd lived the wrong lifestyle, even though I was reasonably athletic at school and not overweight. I also felt bad because my HbA1c wasn't where it should've been – back then I didn't have the control I have today.

People in my family would joke and say, "Oh, you're shooting up," and things like that. Nobody meant any harm and a less sensitive person would have laughed it off, but I didn't. So, for 34 years I kept my diabetes a secret. I didn't want anyone to know about it.

What changed?

I really didn't accept it until about two years ago. My dietitian said one little word that changed everything.

I was explaining that when I'm in a restaurant or on a plane, I always want an aisle seat so I can get to the bathroom easily to inject. She said, "Why?"

I thought, "Why, indeed!"

From that moment on, I shot up in the best restaurants in the world. I wrote about having diabetes in my travel blog. That, for me, was finally accepting it.

How do you handle travel?

I've done a lot of travelling, because my husband works all over the world. I've never let diabetes stop me, but it has complicated matters. I've learned to plan ahead, so if something unexpected happens I have a back-up plan – and I have a back-up plan for that as well.

It's scary when you are travelling alone and have a bad hypo on a plane. Once, I had too much insulin for the food and I just couldn't get myself out of a hypo. I had to get out of my seat, when the seatbelt sign was still on, and ask for lemonade.

Another time when I was at Bangkok airport, I was low and it was a long walk to the plane. I was terrified I was going to pass out and miss the flight. I ate too many jellybeans and they kicked in during the flight, so then I felt nauseous and couldn't eat anything because I was too high.

Now when I'm travelling, I keep my sugar a bit higher and I don't overcorrect when

I'm adjusting my insulin. I've learned my lesson there.

And how do you manage your diet?

When I'm travelling, my control isn't as good as when I'm home.

A lot of it is because I can't

get my Burgen Soy & Linseed bread, which is my saviour. I'm left trying to work out the carbs in other grainy bread and I never get it quite right.

I've lived in hotels for months at a time and when you're eating out all the time, you just don't know what goes into your food – which works against good control too. I also find that when we are eating out all the time,

I'm more at risk of overusing the same injection site.

When we're living in an apartment and I can cook, my control is much better. I find the incidental exercise that comes with shopping, cooking and washing up makes a big difference as well.

In Asia, I learned to avoid eating rice, because it was



From that moment on, I shot up in the best restaurants in the world



LEFT: Mushing on the Kalix River. ABOVE: On top of the Pyramid of the Moon, Teotihuacan. RIGHT: At the marble gorge in Hualien.

high GI and I'm very sensitive to it. I probably didn't have enough carbs, but it worked for me when we were visiting Cambodia and Thailand.

We spent quite some time in India and all of their dahls are brilliant – lentils and all the pulses are great. I hardly needed insulin when we were eating dahl.

What lessons have you learned along the way?

I overtreated hypos for many years. When I go low, I have a very strong craving for sugar and I would eat way too much. So now I am strict about only having seven jellybeans.

Initially, it took lots of courage to believe that would be enough to get me out of a hypo.

At home, I have a teaspoon of rice malt syrup. It doesn't taste very good, so I don't want to go back for a second sip.

Seeing a dietitian regularly has really turned my control around and made me much more aware of what foods work for me.

What has helped you live with diabetes for so long?

Having a continuous glucose monitor has been revolutionary.

It cost a lot to set up and the ongoing cost of sensors is expensive, but my HbA1c has dropped since I've been using it, which is great. I bought it as a 60th birthday present and I'm really proud of it, which is a big turnaround for me.

It catches me before I have a hypo by sounding an alarm, so I know when I have to be quick and have something to eat. It's so nice to be able to just check my phone when I'm out with friends. It feels so normal. It updates every five minutes and gives me all the information I need.

I'm not keen on the idea of an insulin pump. So I have long-term insulin twice a day, and use the short-term one when I eat and to make corrections if I'm high. The monitor makes it easier to work out exactly how much I need.

Has type 1 caused you any damage?

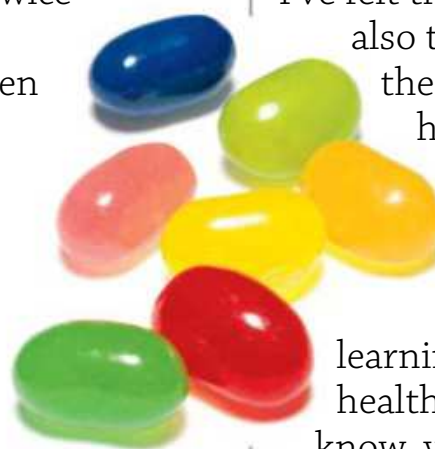
None. I've had it for 36 years and my eye specialist said he can't believe my eyes look so

good, given I've had diabetes for so long. I'm extremely fortunate that I've had no nasty things happen to me. I try to be healthy, exercise and eat the right food, but I'm no saint.

I've probably had only about 10 really bad hypos all my life, but the little ones I've had quite a lot. Most recently, having cataract surgery meant I couldn't exercise, which I really noticed. A low-grade infection in a problem tooth seems to have bumped up how much insulin I needed.

Do you think having diabetes for so long has changed you?

I've felt the stigma, but I also think that if this is the worst thing that happens in my life, I am extremely fortunate. There are lots of positives in terms of exercise, learning about food, being healthy, and getting to know yourself and your body really well. That, and being terribly organised, are all good things that have come out of having diabetes. It's not all doom and gloom. ■



my story: insulin resistance



A NEW
beginning

The blogger behind *Fat Mum Slim*, Chantelle Ellem, opens up about her discovery and journey with insulin resistance

▶▶ When I was about eight years old, a friend pulled me aside to tell me all about a birthday party she was having. She was inviting the whole class, everyone except me.

“I can’t invite you to my pool party,” she told me, “because you’re too fat.”

I realise how crazy that sounds right now, but back then part of me thought it made sense. I hadn’t realised I was that chubby (for the record I was chubby, not obese) or that it affected things that much, especially the parties that I could or couldn’t attend.

Since that point in my life, my weight has been a constant sore spot. In my 20s, Mondays were for new beginnings – new diets. I’ve dabbled in low-fat; I’ve trudged my way through low-carb (long before cauliflower in everything was a thing); and I’ve even attempted the lemon diet – the least fun of them all.

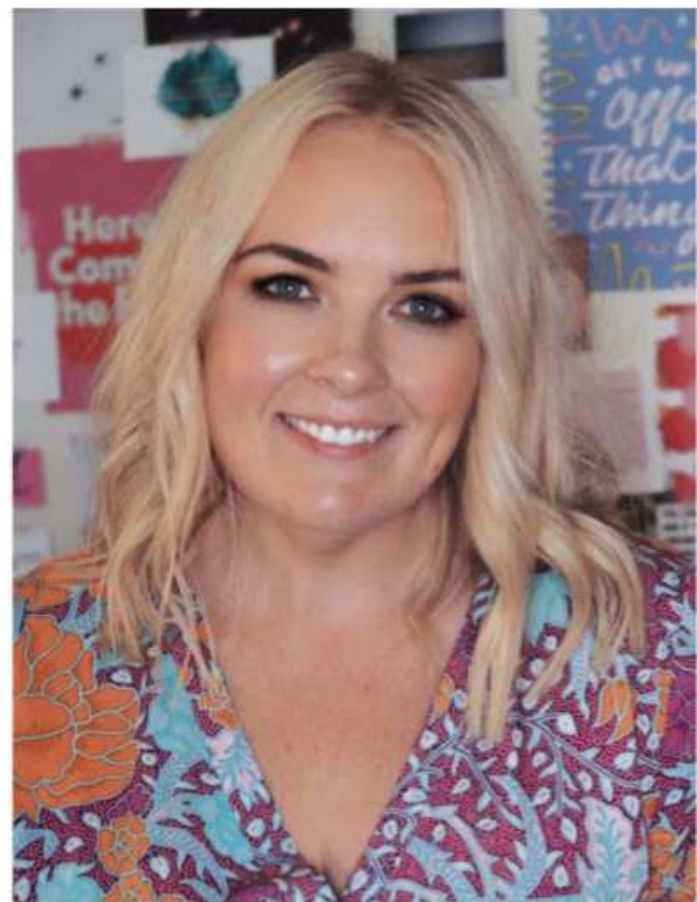
In my late 20s, not long after my daughter was born, I turned up to my doctor’s office for a check-up and somehow we got onto the topic of my weight. I cried, because the frustration of trying to lose weight and failing is an emotional one.

My doctor was young, passionate and eager to find answers, so she sent me off to take the Insulin Fasting Test to see if I had insulin resistance.

What is insulin resistance?

According to the Dietitians Association of Australia, if someone has insulin resistance this means “their body does not respond properly to the hormone insulin”.

Insulin is a hormone produced by the pancreas that helps to manage your blood glucose levels. The normal function of this hormone is to transfer the blood’s glucose into liver and muscle cells to be used up for energy. The bodies of those who are resistant to insulin create higher levels of this hormone to keep blood glucose levels within the normal range – despite the body resisting it. Insulin resistance is more common in people with a family history of diabetes, who are overweight, physically inactive, have type 2 diabetes and/or polycystic ovary syndrome or are from an ethnic group (such as Indigenous Australians and Torres Strait Islanders). It can lead to a greater risk of developing type 2 diabetes (if the person doesn’t have it) or heart disease. Insulin resistance can be detected through blood tests ordered by a GP or specialist.



My results came back and I was referred to a specialist. The endocrinologist I saw happened to be a leader in the field. He was older and very serious, but somewhat endearing. He shared that my results were some of the highest he’d ever seen, what insulin resistance meant for my life, and the changes that I’d have to make moving forward.

I wanted to hug him, because it was oddly comforting to hear that my challenges with my weight weren’t just limited to my inability to stick it out with the lemon diet – there was more to it than that.

There were changes that needed to be made in my life. I went to a dietitian who specialised in insulin resistance. Her brother, who also happened to be the receptionist, had managed to drop over 50kg, all while suffering severe insulin resistance, too. I felt hope – something I hadn’t felt in a very long time. ➤

my story: insulin resistance



ABOVE: Chantelle with her husband Shane and children Lulu and Lacey. RIGHT: Chantelle with her daughter Lulu.



Following my diagnosis, I spent years reading up on my condition and learned that it was reversible, and it quickly became my goal to turn it all around. Some people might have lofty goals to climb mountains or travel the world, mine is simply to kick my insulin resistance to the curb and no longer need medication.

About 10 years later, I am almost there. I would have loved to be able to say that straight after being diagnosed I dropped the weight, got the all clear for insulin resistance, and I happily wore bikinis and attended pool parties every week. The truth is, I didn't. I had another baby, moved cities, started a blog, and made some big changes in my life. I learned the foods that my body likes (beautiful whole foods, healthy proteins and vegetables) and what it doesn't like (refined carbohydrates and sugars).

Twelve months ago, I made the decision to change and to make it a year for me. My kids were no longer babies and were less needy, and I felt that it was

time. My goal still stood: to turn my insulin resistance around. Unlike in my 20s, when I tried to hate myself into change (hello lemon diet), I wanted to nurture and love my body into a healthier version of itself.

I joined a gym, formed a netball team with my mates, I visited a health retreat for a weekend and had the two most insightful days of my life, and I made self-love a priority.

The weight is coming off and the most exciting change is seeing my wardrobe completely transform. I've always pored over fashion magazines and style blogs, but stuck to my

I made the decision to change and make it a year for me.



comfort blanket of all black clothing because it was slimming. Now, I've thrown slimming out the window and embraced colour and patterns. I look into my closet now and feel inspired and excited to get dressed each day.

Through making those changes in my life, and now joining the Weight Watchers program, I've managed to lose 25kg (making me around halfway to my goal weight).

Perhaps most exciting of all, with the directions of my doctor, I've been able to halve the dosage of my insulin resistance medication and I'm on track to not needing it at all. ■

WORDS CHANTELE ELLEM PHOTOGRAPHY SUPPLIED BY CHANTELE ELLEM
ADDITIONAL WORDS ELLIE GRIFFITHS ADDITIONAL PHOTOGRAPHY GETTY IMAGES

Build a STRONGER CORE

**Stabilise your
entire body
with this five-
move workout**

▶▶ Our core provides stability for everything we do. A strong core keeps our bodies steady and balanced, taking the pressure off our arms, legs and lower back – which have to work overtime when the core is weak. Strong core muscles can help prevent poor posture and muscle strains, and even help relieve chronic low back pain.

Despite the stereotype of picture-perfect abs, your core doesn't just consist of your abdominal muscles –

it also includes your lower and middle back, hips, upper thighs and upper torso. And just because someone has six-pack abs doesn't mean they have a strong core, either. Core strength comes from all your core muscles working together. This means core exercises should go beyond the crunch to include side-to-side, front-to-back and rotational movements that strengthen your back, hips, thighs and torso. Start building a stronger core with these five moves. ➤



YOUR GAME PLAN

* PREP

Be sure to wear comfortable clothes, and make sure the floor area is clear.

* WARM UP

At the gym, use an aerobic machine, such as an elliptical or rower, to warm up both upper- and lower-body muscles. At home, march in place at a comfortable pace. Either way, go for **5-10 minutes**.

* WORKOUT

Perform **8-12 repetitions (reps)** of each move (or as many as you can with good form) – that is one set. Aim for **2-4 sets** per exercise. Take a **2-3 minute break** between each set. (Rest for longer if needed – the goal is to feel rested enough to complete the next set.)

* COOL DOWN

Do the same activity as your warm-up for **5-10 minutes**. Then stretch your core muscles, holding for **10-30 seconds** per stretch: standing side stretch, seated toe touches and abdominal stretches.

Your goal
Do this workout
2-3 times per
week and leave
at least one day
between sessions.

BRIDGE

1 Lie on your back with your knees bent and feet flat on the floor. Place your arms at your sides (5-8cm from your hips), palms down. Press down through your heels and slowly raise your hips toward the ceiling until you feel your shoulder blades lifting off the

floor, creating a straight line with your spine and thighs.

Focus on engaging your glutes (butt muscles) and hamstrings. Hold this position for 1-2 counts. Slowly lower hips back to the floor. That's one rep.

FEELING STRONG?

Hold the raised position for twice as long. Or, with your hips raised, try lifting one leg off the ground while keeping your hips in line with your shoulders.



SIDE WALL PLANK

2 Stand about 30cm away from a wall, facing sideways. Rest your forearm and palm on the wall, with your upper arm parallel to the floor and your elbow at a 90-degree angle.

Slowly sidestep away from the wall, creating a diagonal line between your arm and feet. (Lower your arm position on the wall if you need to.) Relax your shoulders down and away from your ears.

Engage your core to keep your head, hips and feet aligned. Hold this position for 15-20 counts. Rest and switch sides. That's one rep.

FEELING STRONG?

Hold the static position longer, stopping when you struggle to maintain form, or increase the distance between your feet and the wall to create a greater angle.



BIRD DOG

3 Get on your hands and knees, with the tops of your feet resting on the floor.

Place your hands directly under your shoulders with your hips above your knees. Use your core to keep your back straight. Extend one leg behind you until it's parallel with the floor at hip level (or as close to hip level as possible).

Simultaneously raise and extend the opposite arm until it's parallel with the floor at shoulder height. Hold for 1-2 counts. Slowly lower back to all fours, engaging your lower back and abs to avoid rocking your hips and shoulders. Repeat on the other side. That's one rep.

FEELING STRONG?

Add ankle or hand weights.



DEAD BUG

4 Lie on your back with your arms reaching for the sky and your knees bent at a 90-degree angle. To start, lower one leg and the opposite arm until your hand and foot are both about 2-3cm from the floor. Hold for 1-2 counts, then flex the knee and shoulders to bring your limbs back to the starting position. Repeat on the other side. That's one rep.

FEELING STRONG?

Hold the midpoint position longer. Or extend each leg toward the ceiling before lowering down. You can also add ankle or hand weights.



EASY PEASY?

Pick one of these upgrades when you're ready to make things harder:

- **Increase the number of reps** (times you do each exercise). Work your way up to 12 of each.
- **Rest less between exercises.** Try resting for 30 seconds or less.
- **Add a set.** After you do one set of 8-12 reps, rest for 30 seconds, then do another set of 8-12 more reps. Work your way up to 4 sets per exercise.
- **Use the "Feeling Strong" versions** of each move.

Power move

This move engages all of the core muscles at once.



LUNGE WITH A TWIST

5 Stand with your hands clasped in front of you, elbows slightly bent. Take a step forward with one leg. Bend both knees and slowly lower your whole body toward the floor. Make sure your front knee stays behind your toes. Shift the weight of your back leg to the ball of the foot as it bends.

As you lower, twist your torso and arms to the same side as

your front leg. Go as far as you are comfortable, then return your arms and torso to the centre and push off your foot to return to a standing position. Switch sides and repeat. That's one rep.

FEELING STRONG?

Try to go a bit lower toward the floor as you become more stable, strong and flexible. You can also hold your arms out farther in front of you for added resistance. ■



7 MOVES FOR
A 30-MINUTE
STAIR WORKOUT

Take the **STAIRS**

Stairs are a convenient fitness tool at home, at work and outside. This 30-minute climb with strength exercises can be done during your lunch hour

7 easy workouts using the stairs

To get your heart pumping, why not utilise an everyday tool? Climbing stairs is a simple exercise for people with diabetes and the best part is that you can do it almost anywhere. After a few repetitions, mix in some of our simple exercises designed to target and stretch your muscles. Ready, set, hit the stairs!

THE CARDIO

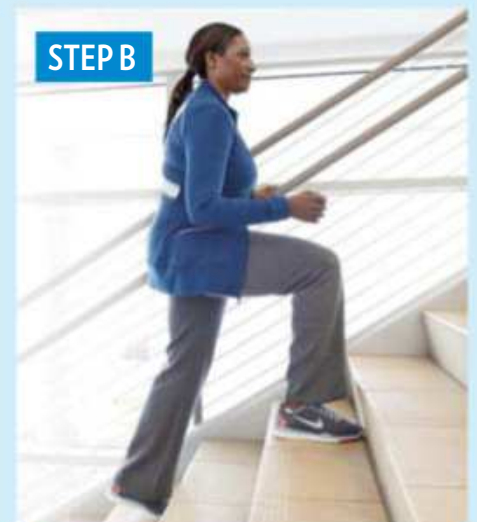
1 Walk up the stairs one at a time, pumping your arms by your sides.

To pick up the pace, ascend at a quick but careful clip. Try an interval approach, taking 10 steps at a walking pace, then jogging the next five. Once you've walked the stairs for 3-5 minutes, do one of the following strength exercises, walk for 3-5 minutes, try another strength move, and repeat until you've done them all.

STEP A



STEP B



LUNGE WITH HIP EXTENSION

2 You may have to skip a step to do this one, depending on the height of the stair risers and your leg length.

STEP A: Simply walk up the steps. As you begin to bring the leg behind you forward, extend the knee and squeeze the gluteal muscles.

STEP B: Hold for just a second, then step up to the next step that is most comfortable for your stride length, flexing your front knee and powering off that leg to lift the opposite leg the same way. Continue for a total of 10 steps. ➤

Tip

Don't let your bended knee extend out over your toes.



STEP A



STEP B

CALF RAISES

3 This move doubles as a stretch for your feet and ankles.

STEP A: Stand on the edge of one step, with the backs of your heels hanging off the step.

STEP B: Using the handrail for support, lift both heels up as high as you can, then drop them back down. Try doing this 10 times in a row at a controlled pace.



STEP A

TRICEPS DIP

4 **STEP A:** Sit on a step and extend your legs so you can place your feet with flexed knees on a stair below you. (How many below will depend on your height.) Place your hands on the step behind the one you are sitting on, about shoulder width apart.

STEP B: Lift your hips up and forward so you are in a flexed knee and hip position. Bend your elbows and lower your hips a few centimetres in a dip, moving from the elbow joint, not the shoulders. Lift up and squeeze your gluteal muscles. Do 10 repetitions.



STEP A



STEP B

SIDE-STEP SQUAT

5 This exercise challenges the legs and hips, as well as your balance.

STEP A: Begin by standing with your side to the stairs, feet together in an upright posture.

STEP B: Step up onto the step and squat, then follow with the other leg up onto the step and stand upright again. In other words, squat as you step up. Try this facing one direction for 10 steps, then the other for another 10 steps so you work both legs equally.



STEP B

Tip
Keep your fingers pointed the same direction as your toes.

PLANK HOLD

6 Rest your forearms on the landing and place your feet on a lower step so your body is in a straight plank position. Relax your shoulders by lengthening your neck – draw in your abdominal wall and keep your legs straight. Hold this position for about 30 seconds. Try this three times with 10 seconds of rest in between. For more of a challenge, try the plank pose with your hands placed on the ground directly under your shoulders.



Tip
Keep your elbows directly below your shoulders and feet hip width apart.

STANDING FIGURE 4

7 Because climbing stairs requires significant gluteal muscle strength, you'll want to stretch those muscles when you are done. This exercise is also great for building your balance and core stability. Stand with your back against a wall. Hold onto the handrail or place your hands against the wall for balance. Lower your hips as if sitting in a chair, then cross the opposite leg over your thigh, just above the knee. Try keeping your back and head upright. Hold this stretch for 6-10 seconds, then switch to the other leg. Try to do this three times on each leg. ■



Feel better in 5

Big changes start with simple steps. Try these ideas to help improve your wellbeing

1 BOOST YOUR ENERGY

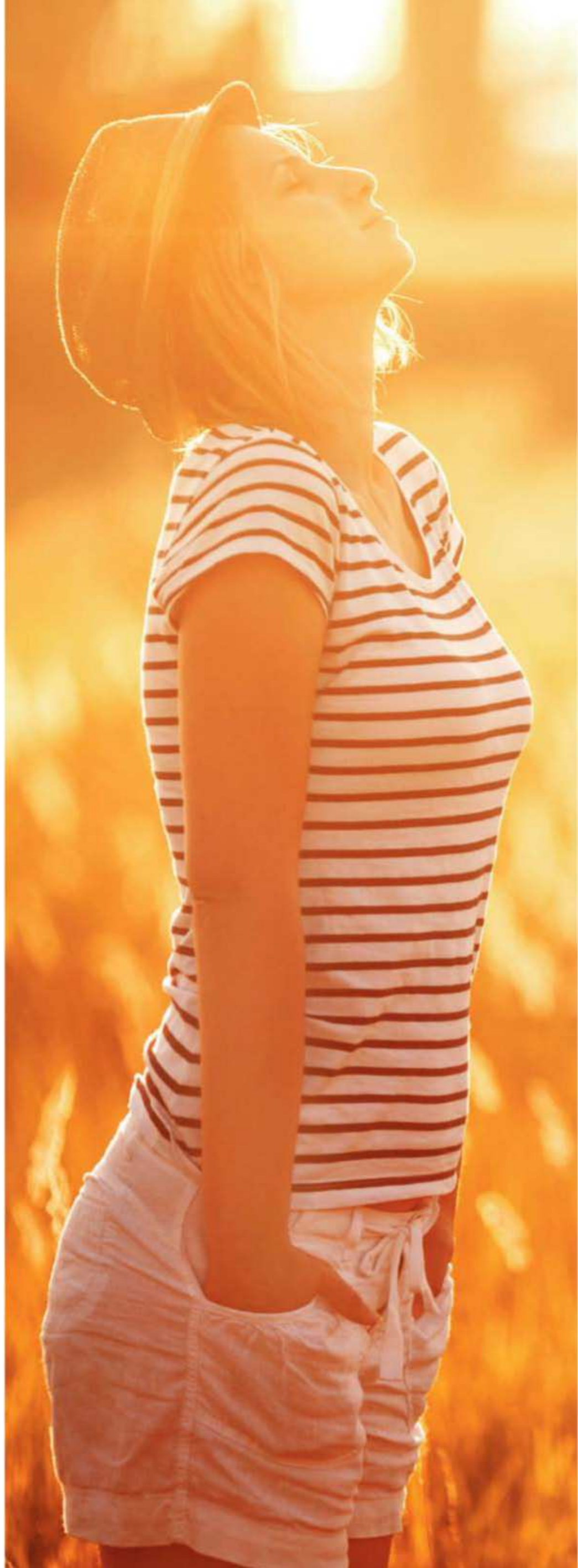
Usually, your body is able to absorb enough vitamins through the food you eat for the growth, repair and normal function of your body. However, living with an autoimmune disease can impact some of the vitamins absorbed – and our busy, on-the-go lifestyles can also affect how we're feeling.

Low in sodium and fat, and only containing 16g of carbohydrates per serve, BodyCare Nutrition's Revitalise (\$32.95, available in three flavours: vanilla, chocolate and coffee) is

suitable for people with diabetes. It provides a revitalising boost in one health shake, helping to boost immunity, energy levels, heart and blood health. Visit bodycarenutrition.com.au.



NOTE: Always discuss with your healthcare team before making changes to your diet.



2 PRACTISE MINDFULNESS

Close your eyes and simply be silent for a couple of minutes. Focus on your breathing: deep breath in... and out. How much more relaxed do you feel now?

Finding the time, even just a few minutes each day, to sit down and relax, allows you to press pause on reality – and any heaviness and confusion you may be currently feeling. This moment of quietness induces inner clarity through lowering your anxiety levels, blood pressure and heart rate, allowing you to make decisions and overcome any challenges you may be stumbling over.

Focus on all the positives in your life and think about your ultimate purpose, forgive yourself and others, reflect on your week, month and year, and celebrate the joy.

You cannot control the results, only your actions

– Allan Lokos, teacher

3 STAYING HYDRATED

Summer is almost here, but that shouldn't be the only reason we keep hydrated.

Our bodies are 60 per cent water, by weight – so just like cucumbers, we need water to prevent our bodies from shrivelling up and getting sick. Water is required to optimise our blood pressure, regulate body temperature, keep our joints moving and aids with digestion. Not only are our bodies a large percentage of water, but our brains are made up of about 73 per cent water – causing a lack of concentration, dry skin, exhaustion and headaches when we aren't hydrated.

For the average person, it's important to drink 6-8 glasses of water a day. However, for many, the idea of water alone isn't that thrilling. Try adding fresh cucumbers, berries, lemons, oranges or limes to your water for a refreshing drink filled with flavour. ➤



good advice

4 REFRESH WITH YOGA

Originally used “as a means to move energy through the body”, yoga is a multipurpose, holistic practice that will leave you feeling energised, refreshed and relaxed.

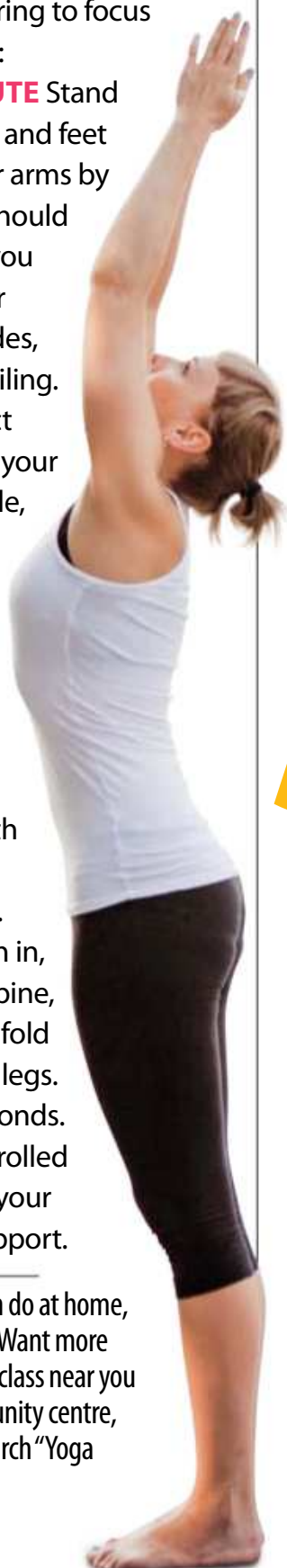
To get started, find a quiet space and try holding these poses – remembering to focus on your breathing:

● **UPWARD SALUTE** Stand tall, with your legs and feet together, and your arms by your side (palms should be outwards). As you inhale, sweep your arms out to the sides, and toward the ceiling. If possible, connect your palms above your head. As you exhale, bring your arms back to your sides. Repeat this for up to a minute.

● **SEATED FORWARD FOLD**

Sit on the floor with your legs straight out in front of you. Take a deep breath in, lengthening the spine, and as you exhale fold forward over your legs. Hold for 30-60 seconds. If needed, place a rolled up blanket under your knees for extra support.

For more poses you can do at home, visit yogajournal.com. Want more guidance? Find a yoga class near you – try your local community centre, classes at a gym, or search “Yoga near me” on Google.



5 LAUGH OUT LOUD

It may seem trivial, but there's no healthier or more natural tool to ease your pain and free your spirit, than having a good laugh.

Whether you're laughing at something, laughing with someone, or laughing for no apparent reason other than “it feels good”, laughing provides a powerful energy to your mind, body and soul. It also encourages us to laugh at ourselves and accept life's ups and downs.

Further, laughing has been proven to lower blood pressure, reduce stress levels, releases endorphins, improves cardiac health, produces a general sense of wellbeing and works your abs!

What are you waiting for? Take a deep breath in and allow yourself to laugh, wherever and whenever you need to. You can thank us later. ■



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KEY ● Freezable ● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb ● Slow cooker

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.



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■ Do you have diabetes?

NO ☐ YES, TYPE 1 ☐ YES, TYPE 2 ☐

■ Does someone you know have diabetes?

NO ☐ YES, TYPE 1 ☐ YES, TYPE 2 ☐

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P8BDKZZA

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Alix

Alix Davis, **Editor**

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Surviving HOLIDAYS



Our resident type 1 columnist, Rob Palmer, navigates his way through the stress of the pre-Christmas period



So this year it's going to be a Jones Family Christmas. My tribe of Palmers are hitching up our tackle and heading north of Sydney to my brother-in-law's property just outside of

Armidale. Along with the excitement of a road trip and prep for our holiday, there are plenty of things to get across the line before the jolly, elegantly rounded, generous fella in the big red suit comes to find us in the country. Pre-Christmas is a tough few weeks for many and asking a couple of questions of your diabetes management as you roll through it can be more of a help to you than you may realise.

Firstly, when the soup is about to hit the fan in the lead-up to Christmas, it can be a great time to get in touch with your endocrinologist. They know your management in a way that can add a professional edge to how you are feeling and also build your confidence by making sure your management is on the right track. We all make adjustments for things like parties, but how about that extra effort you may be putting in at work in between? Not just physically, but emotionally too.

Something I have attributed to many occasions of mysterious glucose behaviour is my state of mind. It sucks to have another variable thrown in, but I find that being aware is far better than getting surprised. Sometimes if I know I'm going

to be under the pump mentally, even for just a week, I'll make a slight adjustment to my basal insulin. Only small – because small adjustments mean small mistakes – but enough that it corrects an anticipated change, or lessens the impact.

My method for evolving and modifying diabetes management comes from realising that I'll never stop changing as I grow. (I say grow because it sounds way better than age. In fact, I probably

stopped growing 15 years ago, but in that time my management of diabetes has changed a heck of a lot.) Some adjustments to management are temporary, but some seem to work long-term and become the regular for a while. Regular honing of your type 1 diabetes management makes your day-to-day a whole lot easier. It's kind of like having a chisel or a knife. Have you ever tried to cut with a blunt one? Whether it's hardwood or a tomato,

keeping your tools sharp helps you work effectively and safely to achieve a better result.

As for the thrill of the trip north, I'll certainly be upping the basal for that one. For me, a car trip is the surest way to double my BGLs. Each to their own, but watch out for the activities that you know have an effect on your glucose. As for the big day itself? It's a no-brainer. Check it early and check it often, but watch out not to oversupply yourself with short-acting insulin in all the excitement. An afternoon Christmas hypo is not the memory I intend to leave with the Joneses. ■



I'll never
stop
changing
as I grow

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